OTTAWA MAYOR FOUND NOT GUILTY, PG 6

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TORONTO • THURSDAY, AUGUST 6, 2009 metronews.

Style pg 27

'New' wars haven't altered fashion

Curtain closer

Livent founders sentenced to prison; released on bail

Two theatre heavyweights who defrauded investors by systematically cooking the books for years at Livent Inc. were each sentenced to several years in prison yesterday by an Ontario judge keen to denounce the dangers of corporate fraud.

Garth Drabinsky was sentenced to seven years in prison and his business partner Myron Gottlieb was sentenced to six years.

They were granted bail of $350,000 each pending appeal and were free yesterday afternoon.

The two moguls manipulated the income reported on the financial statements of their company Livent, behind such theatre hits as The Phantom of the Opera, over nine years until the firm went bankrupt in late 1998.

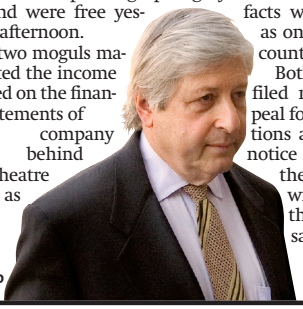
Ontario Superior Court Justice Mary Lou Benotto said the contributions Drabinsky, 63, and Gottlieb, 66, made to society must be taken into account.

"But no one is above the law," she said. "No one gets to write his own rules."

The duo was convicted of two counts each of fraud and one count of forgery, but Benotto stayed the forgery convictions, saying the facts were the same as one of the fraud counts.

Both men have filed notices of appeal for their convictions and will file a notice of appeal on the sentences within 30 days, their lawyers said.

THE CANADIAN PRESS



Myron Gottlieb

DARREN CALABRESE/THE CANADIAN PRESS

Livent co-founder Garth Drabinsky, right, and his lawyer, Edward Greenspan, make their way into court yesterday for sentencing. Drabinsky was sentenced to seven years in prison and business partner Myron Gottlieb received six years. Both were free on bail yesterday.

Men can help cut calories, study reveals

HEALTH Women are more likely to pare down calories at mealtime if they're in the company of men at the dining table, a new study suggests.

Researchers at McMaster University in Hamilton observed 469 people sitting down at tables either alone or with others during one week at three cafeterias.

The findings, which appear in the online version of Appetite, found that women who ate with a man chose food with significantly fewer calories than those observed when dining with another woman.

When it came to people eating in pairs, when women ate with other women they averaged about 670 calories. The average dipped to 550 calories when the woman's dining companion was male. THE CANADIAN PRESS

Comment pg 10

Relationship obits can aid moving on

Food pg 22

Tasty summer sandwich

Balsillie awarded another shot to bid for Coyotes

One week after the NHL rejected him as a potential franchise owner, Jim Balsillie's dream to bring the Phoenix Coyotes to southern Ontario has been given new life.

U.S. Bankruptcy Court Judge Redfield T. Baum ruled yesterday that all bids for the financially ailing Coyotes, those to keep the team in Arizona or to move it elsewhere, would be accepted for the Sept. 10 auction.

He specifically said the $212.5-million US offer from Balsillie, the Canadian billionaire who twice before tried to move an American team to Canada, would be considered. That sets up another showdown between Balsillie and the NHL, because the league's board of governors unanimously rejected him as an owner in a July 29 vote.

Balsillie's bid is contingent on moving the team to Hamilton.

Balsillie spokesman Bill Walker praised the judge for creating a "fair and transparent" sales process.

"It's the best outcome for creditors and for the future of the franchise," Walker said. THE ASSOCIATED PRESS

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CITY: 9.5L/100KM – 30 MPG△

Malibu LTZ shown.††

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Offer applies to current owners/lessees of any GM vehicle; excluding 2008MY and prior vehicles and Medium Duty Truck. Vehicle must have been registered and insured in customer's name for previous consecutive 6 months. Conditions and limitations apply. See dealer for details. *Offer applies to the cash purchase of 2009 Chevrolet (Aveo LT 5-door or Sedan 1SM/Cobalt LT Coupe or Sedan 1SM/HHR LS 1SM/Malibu LS Sedan 1SP) new or demonstrator model. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for a cash purchase offer. By selecting lease or finance offers consumers are foregoing such discounts and incentives which will result in a higher effective interest rate. Freight ($1,325/$1,325/$1,225/$1,375), license, insurance, registration, PPSA, administration fees and taxes are not included. */**/▼Offers apply as indicated to the purchase of 2009 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealer trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. †2009 Chevrolet Aveo LS starting from price includes $2,500 cash credit and $1,000 GM loyalty bonus. 2009 Chevrolet Cobalt XFE starting from price includes $3,100 cash credit and $1,000 GM loyalty bonus. △Based on 2009 Natural Resources Canada Fuel Consumption Guide. Your actual fuel consumption may vary. ◇US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2009 Chevrolet Malibu and 2009 Chevrolet HHR received both a 5-star Rating for the driver and front passenger in the Frontal Crash Test and for Front and Rear Seat Occupants in the Side-Impact Crash Test. 2009 Chevrolet Aveo5 received a 5-star rating for driver and front passenger in the frontal crash test. ††Chevrolet Aveo5 LS with PG9 and UE1, MSRP $14,720. Chevrolet Cobalt SS Coupe with 29U, MSRP $25,825. Chevrolet Malibu LTZ shown, MSRP $31,795. ¥OnStar® services require vehicle electrical system (including battery); wireless service and GPS satellite signals to be available and operating for features to function properly. Subscription Service Agreement required. Call 1-888-4ONSTAR (1-888-466-7827) or visit onstar.ca for OnStar's Terms and Conditions, Privacy Statement and details and system limitations. **All warranties on new GM vehicles are fully backed by the Canadian Warranty Commitment program. 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Oshawa fire forces evacuation

A massive fire engulfed a partially abandoned sugar refinery yesterday morning in south Oshawa, causing dozens of people to be evacuated from nearby businesses. Part of the building collapsed during the blaze and fire officials expect that it will be a complete loss. TORSTAR NEWS SERVICE

Local

Riders GO-ing to get credit after floods

GO Transit is issuing credits to its inconvenienced passengers after Tuesday's thunderstorms flooded, delayed and cancelled GO service along the Lakeshore lines. Train service stopped after 6 p.m. when CN Rail, who owns the tracks that GO operates on, decided it was unsafe for travel as water had seeped under the tracks and jeopardized the foundation, said Vanessa Thomas, a spokesperson for GO Transit. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Urban Compass

April Lindgren compares the Gardiner Park idea to New York's elevated linear park.

metronews.ca

WHAT'S ONLINE TODAY

Blogs The 100 Day Raw Food Challenge on why homemade almond milk is the best alternative to dairy

Video Experts say dry conditions in B.C. have made the entire province susceptible to wildfires at **metronews.ca/canada**

Video A judge acquits Ottawa mayor Larry O'Brien of influence peddling charges, citing a less than credible witness at **metronews.ca/canada**

Lotteries

Lotto 6/49: 2, 5, 12, 31, 34 & 48. Bonus 44
Ontario 49: 16, 18, 21, 37, 40 & 45. Bonus 34
Ontario Pick 3: 7 4 2
Ontario Pick 4: 7 8 9 3
Encore: 3350970
Daily Keno: 3, 4, 8, 9, 10, 12, 14, 15, 16, 20, 30, 32, 35, 40, 41, 42, 43, 48, 60 and 64
These results are not official.

Slogan smells 'so good'

Toronto Tourism trying to turn garbage strike into selling point

When you attract attention for all the wrong reasons, you might as well try to play it for a laugh.

That's the thinking behind a new promotion launched by Tourism Toronto with the slogan: Toronto never smelled so good.

The summer has been made miserable for the tourism industry by a dreadful economy and dismal weather, capped by the 39-day civic workers' strike that left overflowing trash bins and temporary garbage dumps scattered around the city.

Andrew Weir, vice-president of Tourism Toronto, says visits during the spring were down 10 per cent, and although July numbers aren't in yet, every indication is that the trend has continued.

The agency decided to try to reverse the trend in August and came up with a campaign aimed at drawing more visitors from southern Ontario for short overnight trips.

"We're going to take the strike head-on, and use it as an opportunity to invite people back," Weir said.

"It's been top of the newscasts for the last 40 days. The best thing we can do is let them know the experience here is as high-quality and exciting as it's ever been — and now there's no garbage piled up. There's that added benefit."

TORSTAR NEWS SERVICE

Newspaper ads

- Newspaper ads will run in Toronto, Kingston, Ottawa and London promoting a package that includes a hotel stay, dinner and tickets to a show. The promotion is co-sponsored by Tourism Toronto and Mirvish Productions.

Ontario youth IBD on the rise: Study

HEALTH An increasing number of Ontario children are being diagnosed with the serious and lifelong condition known as inflammatory bowel disease (IBD), a new study has found.

The study by the Institute for Clinical Evaluative Sciences, released yesterday, showed a 50 per cent rise in the prevalence of IBD in Ontario children from 1994 to 2005, and concludes that the province has one of the highest rates of childhood-onset IBD in the world.

"Over the last 15 years or so, we've noticed an increased incidence in inflammatory bowel disease in our clinics in Ontario," said Dr. Eric Benchimol, the principal investigator and a pediatric gastroenterologist at Toronto's Hospital for Sick Children.

In the under-18 age group, prevalence has risen from 42.1 per 100,000 children in 1994 to 56.3 per 100,000 children in 2005.

The risk of developing IBD has remained about the same for teenagers and tweens, but the study, found a rising incidence of Crohn's disease in children under 10 years old.

At any given time, he said, there are around 1,600 children under 18 in Ontario with inflammatory bowel disease. Of those, 200 to 300 are under the age of 10.

Medications are available, and surgery is sometimes an option, but there is no cure.

The study did not give any reason for the sudden rise in diagnosis.

THE CANADIAN PRESS

50 The study showed that there has been a 50 per cent rise in the prevalence of IBD in Ontario children from 1994 to 2005.

Kate Hudson **In and around T.O.**

JOHN R. KENNEDY FOR METRO TORONTO

Kate Hudson, left, and Canadian actress Sarah Polley met for coffee at Wanda's Pie in the Sky in Kensington Market yesterday. Hudson also visited Yorkville with baseball player Alex Rodriguez, in town with the New York Yankees. A-Rod and Hudson did some shopping and had lunch, but went out of their way not to be photographed together.

OLG given extension on fraud report

INSIDERS Ontario's watchdog is giving the province's problem-plagued lottery corporation an extension to crack down on questionable insider wins.

Ombudsman Andre Marin posted a message Tuesday on Twitter saying he'll give the Ontario Lottery and Gaming Corp. another 30 days to report back to him on the issue, after setting a six-month deadline in February.

Andre Marin

A spokeswoman for Marin says the OLG has been making progress on cracking down on possible lottery frauds and will get a few more weeks to respond.

In February, Marin said he would ask the province to ban all retailers and lottery insiders from playing unless "rampant fraud" was purged from the system within six months.

The deadline came after an audit revealed lottery insiders in Ontario won prizes totalling $198 million over the past 13 years.

THE CANADIAN PRESS

News in brief

BOLLYWOOD Toronto-born Elesh Parujanwala and Bollywood bombshell Rakhi Sawant are engaged to be married, following Sunday's finale of reality TV show Rakhi Ka Swayamvar, India's answer to The Bachelorette. A defiant Sawant had earlier told the Times of India newspaper that she had no intention of marrying, despite promises otherwise from the show's producers. TORSTAR NEWS SERVICE

Peel police warn of possible sex assaults

Peel police suspect there could be more victims following the arrest of a Brampton veterinarian accused of several sexual assaults. Tej Pratap Dhaliwal, 35, was arrested Sunday. He was charged with two counts of sexual assault and is to appear in a Brampton court Aug. 31. TORSTAR NEWS SERVICE

Toronto cell company to arrive in 2010

WIRELESS New Toronto-based cellphone company DAVE Wireless says it will be up and running in early 2010 with flexible, easy-to-understand monthly plans for its services, including popular text messages.

"You should get a plan that you understand and a bill that you understand," said CEO Dave Dobbin.

Dobbin, himself, has experienced frustration as a parent with the cost of texting. He said "my little girl" recently sent 8,400 text messages in a month.

Toronto-based DAVE announced yesterday that it selected telecommunications company Ericsson to build its 3G advanced wireless network. DAVE will be in Toronto, Vancouver, Calgary, Edmonton and Ottawa.

THE CANADIAN PRESS

Texts

- The Canadian Wireless Telecommunications Association says Canadians send 87 million text messages per day.

High-speed politics

Oshawa mayor under fire for choice of car

It's fast, flashy and fiery orange. And John Gray waited two long years to see it in his driveway.

"It's a fabulous vehicle," Oshawa's mayor says of his shiny, new Chevy Camaro. "The looks you get when you drive it, you know you're getting attention."

But Gray's choice of chariot, powered by 425 horses and paid for by the city, has some of his constituents fired up.

The $38,000 six-speed muscle car is out of sync with Oshawa's economic status, bleak unemployment picture and concern for the environment, says resident Bill Steele, questioning why the mayor should get a free ride on the backs of overburdened taxpayers.

"Our taxes are the highest in the GTA by far, and I don't like that I'm paying for part of a sports car that gets 17 miles to the gallon," he complained.

Coun. Brian Nicholson points out the car is a taxable benefit and the city is actually saving money by paying Gray a lower salary to offset the purchase. Buying a local product is keeping 6,000 workers in the plant and another 6,000 in spin-off industries, he says.

"The Camaro made in Oshawa is very fuel-efficient. Of course it stands out; it's designed to stand out. But if the mayor driving it around encourages other people to buy one, then it's a job well done."

TORSTAR NEWS SERVICE

RON PETRONIRO/TORSTAR NEWS SERVICE

Oshawa Mayor John Gray chose a new built-in-Oshawa orange Camaro to help highlight General Motors' new product. There has been some concern from taxpayers about the cost

Police release images of suspects in Annex slaying

CRIME Mug shots of two men wanted in the shooting death of 23-year-old Sebastian Herrera were released yesterday afternoon, although police cautioned people not to approach the suspects as they are considered "armed and dangerous."

Jeffrey Larsen

Marvin Jarrett

Jeffrey Larsen, 28, and Marvin Jarrett, 22, both face previous weapons convictions, according to Toronto police Det. Stacy Gallant.

In a message directed to the suspects, Gallant said: "We are out there looking for you now. You will be found. Do the right thing and turn yourself in to police."

Herrera was shot in the chest two weeks ago outside the Brunswick House in the Annex, after popping outside for a cigarette along with his girlfriend.

A man who approached them first robbed Herrera, then shot him in the abdomen.

Jarrett is five-foot-nine with light brown hair. Larsen is six-foot-two with black hair in cornrows. Larsen is also wanted in Kelowna, B.C.

TORSTAR NEWS SERVICE

News in brief

STRIKE As the city continues to recover from a 39-day municipal strike, two Toronto councillors are calling on the province to prevent workers from walking off the job in the future. Coun. Michael Walker is proposing that city council ask the province to deem the Emergency Medical Services, garbage pickup, children's services and daycare as essential services. Notices of motion have been seconded by Coun. Michael Thompson.

TORSTAR NEWS SERVICE

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After-hours club robbery closes Dundas Street West

A section of Dundas Street West was closed yesterday as Toronto's emergency task force searched for suspects at an after-hours club after the owner claimed he was robbed at gunpoint. Two people have been arrested. TORSTAR NEWS SERVICE

Poacher gets long jail term

Banned from fishing, hunting

In Pak Sun Chung's defence, it can at least be said that he was determined, if not prolific.

At the time of his latest arrest, the Toronto-based poacher had amassed 13 prior convictions for provincial Fish and Wildlife and Conservation Act offences.

He had $27,000 in unpaid fines related to those same offences and, in the summer of 2007, was arrested twice for the same turtle poaching crime in less than six weeks.

"He is well-known to our agency," says David Critchlow, an enforcement specialist with the Ministry of Natural Resources.

On Tuesday, Chung was sentenced in a Sarnia court to an almost unheard of amount of jail time for a Canadian poacher: 106 days plus an additional nine months for two federal offences under the Species At Risk Act. He was also banned from ever again hunting or fishing in Ontario.

> **"He is well-known to our agency."**
> David Critchlow, Ministry of Natural Resources

Chung, who is said to live in Scarborough but is officially of no fixed address, was followed from Walpole Island First Nation reserve near Sarnia and confronted at a gas station off Highway 401.

Enforcement officials found a plethora of wildlife alive, dead, and quartered. Among them were 26 Blanding's turtles and a spotted turtle, both of which are specially protected species. They also found bullfrogs, snapping turtles and three-quarters of a deer.

TORSTAR NEWS SERVICE

After the storm **Sunny day draws out people**

RENE JOHNSTON/TORSTAR NEWS SERVICE

A sunny day after outrageous weather battered and flooded Toronto Tuesday drew people out to the boardwalk by the gazebo at Tall Oaks Park in Port Credit yesterday. Heavy rains and erratic weather caused major flooding in the city, leading to traffic chaos, cancelled trains and flights.

News in brief

FRIEND SHOT Carelessness and a bit of stupidity are likely to blame for the death of 17-year-old Patrick John Smith, police say. Smith, his girlfriend and a friend were hanging out in an eighth floor apartment near the St. Lawrence Market on Tuesday. Smith's friend had a handgun. At around 10:30 p.m. it went off, apparently accidentally, hitting Smith in the torso. Smith's girlfriend and friend took him to St. Michael's Hospital where he was pronounced dead. The handgun, which was recovered at the scene, was unregistered. Quincy Callaghan-Thomas, 18, of Toronto has been charged with manslaughter. TORSTAR NEWS SERVICE

Workers earn back 21% of pay

OVERTIME City garbage workers who worked Friday, Saturday and Sunday have already earned back 21 per cent of the wages they lost during the strike in overtime, with more to come this week. The city paid hundreds of employees overtime to clean up the city's 26 temporary dumps over the weekend.

Geoff Rathbone, general manager of Toronto's Solid Waste Management Services Division, said 550 people each logged 13 hours of overtime Saturday, and a smaller crew of 380 worked 12 hours overtime Sunday. When hours from Friday and Monday are also included, the total overtime payout for the weekend cleanup reaches $475,000.

That means one garbage worker, who would have lost about $5,800 in wages during the strike, could have earned back $1,225 over the weekend, or roughly 21 per cent, before returning to work Tuesday to log more overtime hours.

TORSTAR NEWS SERVICE

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Men face charges over anti-Semitic body paint

Police are recommending hate charges against three men in their 20s after a disturbance in Ucluelet, on the west coast of Vancouver Island. It's alleged the men painted anti-Semitic images on their bodies and clothing. THE CANADIAN PRESS

Canada

Aboriginals seek billions

Native peoples forced to attend aboriginal day schools have filed a $15-billion lawsuit in Manitoba pressing for compensation from the federal government. They allege day-school kids suffered just as much abuse as residential school survivors. THE CANADIAN PRESS

Mayor's cloud lifts

Acquitted of influence peddling

Ottawa Mayor Larry O'Brien wants to get back to work — fast.

The dark cloud that hung over him and the city's political landscape lifted when he was found not guilty of influence peddling.

O'Brien, 60, hugged his wife, Colleen, and relatives and supporters.

"I'm hoping we can now put this sad ordeal behind us and move forward because there are 141,000 people in the city of Ottawa who voted for me to get to work and that's what I plan to do," O'Brien said outside court.

O'Brien was charged after Terry Kilrea, his rival in the 2006 mayoral election, alleged the mayor offered to arrange a National Parole Board appointment in exchange for dropping out of the race.

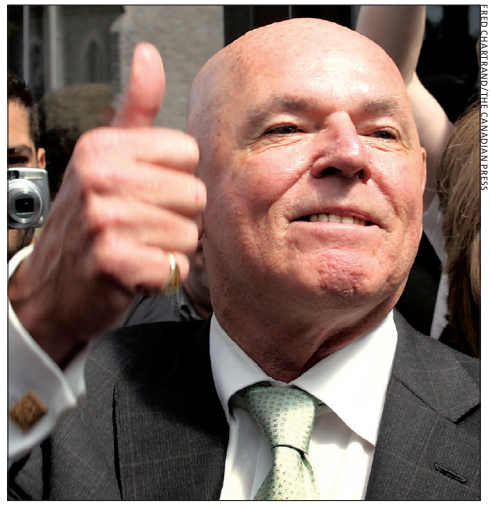
> **"I'm hoping we can now put this sad ordeal behind us."**
> Mayor Larry O'Brien

Judge Douglas Cunningham of Ontario Superior Court said he had reasonable doubt.

The defence described Kilrea as "underhanded" and "untruthful."

The Crown argued Kilrea was honest and believable, if unsophisticated about politics.

THE CANADIAN PRESS



FRED CHARTRAND/THE CANADIAN PRESS

Ottawa Mayor Larry O'Brien is all smiles as he leaves court in Ottawa after being acquitted of influence peddling.

Water probe? It's just a trickle

DELAYS Call it drip, drip, drip …

The federal government is accused of taking too long to map Canada's stores of groundwater.

Key information won't be available for another two decades, says a newly released document.

And the delay hinders Ottawa's ability to make big decisions, says a briefing note prepared for Natural Resources Minister Lisa Raitt.

A few years ago, Natural Resources Canada set out to assess 30 of the country's "priority" aquifers. So far, 12 have been mapped.

THE CANADIAN PRESS

Across the border

- The U.S. has been aggressively mapping its groundwater reserves for more than a decade because of fears of running dry.
- Out-of-control suburban sprawl in the southern U.S. and agricultural water usage have spawned a crisis that threatens to worsen.

H1N1 flu death toll climbs to 62

VICTIMS Two more deaths in B.C. from the H1N1 flu virus have pushed the total number of deaths in Canada to 62. Official figures show almost 1,300 have been hospitalized.

THE CANADIAN PRESS

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Travel Dec 3 - Dec 10/wg + taxes & fees $219

Jamaica $145
Travel Sep 11 - Sep 18/ts + taxes & fees $268

Puerto Plata $169
Travel Sep 3 - Sep 11/ts + taxes & fees $321

Frankfurt $199
Travel Sep 14 - Oct 1/ts + taxes & fees $326

Las Vegas $199
Travel Oct 12 - Oct 16/wg + taxes & fees $223

Cancun $239
Travel Sep 27 - Oct 4/ts + taxes & fees $282

Paris $295
Travel Sep 14 - Sep 23/ts + taxes & fees $347

Vienna $299
Travel Aug 30 - Sep 21/ts + taxes & fees $316

Los Angeles $399
Travel Sep 16 - Sep 23/aa + taxes & fees $127

USA Holidays

LAS VEGAS THANKSGIVING $299
Circus Circus + taxes & fees $223
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Oct 12/ggv/wg.

South Florida Fly & Drive $349
+ taxes & fees $124
INCLUDES roundtrip airfare to Miami and 7-day car rental with unlimited mileage. Departs Aug 19/ggv/aa.

Miami Weekend $439
Hilton Miami + taxes & fees $124
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New York Weekend $489
Marriott Downtown + taxes & fees $120
INCLUDES roundtrip airfare, transfers and 3 nights 3-star downtown Marriott accom. **UPGRADE** to 4-star accom from $49 per night. **ADD** NYC Twilight cruise from $29. Departs Aug 27/ggv/aa.

California Fly & Drive $529
+ taxes & fees $140
INCLUDES airfare to San Diego, return from San Francisco and 7-day car rental with unlimited mileage to explore at your own pace. Package can operate in reverse. Departs Aug 24/ggv/aa. **ADD** Napa Valley Wine Country Explorer Pass from $59.

All-inclusive Holidays

CAYO COCO 4-STAR $397
Oasis Playa Coco + taxes & fees $205
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Sep 17/nol/ts.

Puerto Plata 4-Star $397
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Former premier announces retirement
Former premier Rodney MacDonald announced yesterday he will step down from his seat in the Nova Scotia legislature. THE CANADIAN PRESS

Man dies trying to save girl in cottage country

One man has drowned and another is clinging to life after they were pulled from the water at Bala Falls in cottage country yesterday afternoon, just a few days after a triple-drowning in the same area.

Provincial police from the Bracebridge detachment say two men entered the fast-moving water at the base of the falls just before 2 p.m. to rescue a nine-year-old girl — the daughter of the man on life support.

The girl, who was wearing a life-jacket and playing in the water, had begun to drift away from shore. She was rescued.

Const. Peter Leon says the man who drowned is 44 and from the Chicago area.

JUSTIN CHIDLEY/THE CANADIAN PRESS

Ontario Provincial Police officers and members of the public work on pulling a man from the water yesterday in the Moon River just below the Bala Falls, in the town of Bala.

The other man, a 53-year-old from Mississauga, was presumed dead but was revived after being transported to the South Muskoka Memorial Hospital.

THE CANADIAN PRESS

News in brief

FIRST NATIONS Aboriginal leaders are looking to Canada's premiers for more help as First Nations communities struggle with the H1N1 outbreak. The strain, also known as swine flu, has hit some aboriginal communities particularly hard. The meeting between the premiers and aboriginal leaders is also expected to touch on broader health and housing issues, as well as education.

THE CANADIAN PRESS

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Inmate sentenced after additional murder confession

A 31-year-old man who is already behind bars was sentenced yesterday to life in prison with no parole for 25 years for the October 1997 death of a Windsor teen. Geoffrey Campbell pleaded guilty to first-degree murder and confessed to strangling 16-year-old Mary Beth Williams. THE CANADIAN PRESS

Videos prompt military gun review

Former leaders say the problem lies in lack of leadership, not lack of rules

Retired military leaders who viewed evidence from a recent manslaughter trial say officers aren't vigilant enough in enforcing strict rules on the handling of guns in Afghanistan.

One video entered as evidence during the trial of Cpl. Matthew Wilcox shows a Canadian master corporal pointing his pistol at another soldier's head.

In another video, the master corporal is pointing the pistol at the videographer.

Retired Maj.-Gen. Lewis MacKenzie says that rules in the Canadian military are clear on how to use weapons, and he says the problem appears to be a lack of leadership by officers.

Retired Col. Michel Drapeau — a lawyer based in Ottawa — says an independent inquiry should be done on the Wilcox shooting death and other incidents of misuse of weapons that emerged during the reservist's trial.

A spokesman for the military says the army can't comment on the videos until after Wilcox is sentenced in September.

THE CANADIAN PRESS

B.C. residents cautiously return home

FOREST FIRES As British Columbia's sweltering heat wave fades, hundreds of people living in the province's Interior who have been kept from their homes by nearby wildfires are being allowed to return.

More than 360 residents who were under evacuation orders because of the Terrace Mountain fire, north of Kelowna and near Fintry, will be allowed to return today.

But they've been told not to get too comfortable.

"Those allowed to return will remain on evacuation alert and must be prepared, as they may have to leave the area again without much notice," said Bruce Smith, an information officer with the Regional District of Central Okanagan.

"These areas are the farthest from the still active Terrace Mountain fire and incident command has recommended to the emergency operation centre that residents can return home under evacuation alert."

The Terrace Mountain blaze is estimated to be about 80 square kilometres. The fire is 40 per cent contained and is about one kilometre away from the nearest homes.

THE CANADIAN PRESS

News in brief

SENTENCING The father of a toddler killed when a cement truck driver slammed into a car at a Calgary intersection says he visits his son's grave every day. Zachary Morrison's dad is one of several giving victim impact statements at the sentencing of Daniel Tschetter on five manslaughter convictions. Tschetter was found guilty in the deaths of two adults and three children in 2007.

QUEBEC A CTV cameraman who died in a helicopter crash was filming from the chopper with broken ribs and a cast on his wrist, his heartbroken father said yesterday. Hugh Haugland, 44, and pilot Roger Belanger, who was in his 60s, died when the helicopter crashed northwest of Montreal.

THE CANADIAN PRESS

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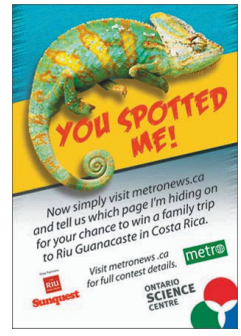

Felicia gains strength

Hurricane Felicia is a major storm after gaining strength far out in the Pacific. The U.S. National Hurricane Center says Felicia's maximum sustained winds yesterday increased to near 185 km/h, raising it to a Category 3 storm. THE ASSOCIATED PRESS

World

Judge keeps terror suspects in jail

A U.S. federal judge has ordered six terrorism suspects detained until trial, saying each is a flight risk and a danger. Judge William Webb said yesterday that the defendants had contacts in foreign countries and had access to large amounts of money or were able to raise it. THE ASSOCIATED PRESS

Unrest as Ahmadinejad sworn in

IranCrisis

IRAN Mahmoud Ahmadinejad was sworn in for a second term as Iran's president yesterday while security forces battled hundreds of protesters chanting "Death to the Dictator" in the streets around parliament where the ceremony was held. Key opposition leaders, moderate lawmakers and all three of Ahmadinejad's election challengers boycotted the ceremony. State-run Press TV said more than 5,000 security forces were in the streets around parliament and police with sniffer dogs patrolled the area after the opposition called for demonstrations to coincide with the inauguration.

The ceremony capped almost two months of the worst political turmoil in Iran since the 1979 Islamic Revolution. The opposition staged massive street protests and the crisis split Iran's clerical leadership. Even conservatives from Ahmadinejad's own camp harshly criticized the government over mistreatment of detained opposition activists. THE ASSOCIATED PRESS

Killer ranted online

Blog shows shooter planned attack for months

A man who sprayed bullets into a fitness class filled with women he didn't know, killing three and then himself, kept a web page in which he wrote about years of rejection by women and left behind notes describing his inability to get a girlfriend, police said yesterday.

George Sodini, who worked in a law firm's finance department, was anti-social, according to neighbours, and his web page showcased a resumé setting forth his credentials as an unhappy loner.

It listed his date of death — Aug. 4, 2009 — and his status of "Never married."

On the website, the 48-year-old Sodini complained of not having a girlfriend since 1984, not having a date since May 2008 and not having sex for 19 years.

"Women just don't like me. There are 30 million desirable women in the U.S. (my estimate) and I cannot find one," he wrote. The page ended with the words "Death Lives!"

On Tuesday, Sodini scoped out the suburban Pittsburgh gym twice and then returned at night wearing workout gear and a headband and bringing with him four guns, police said.

"Women just don't like me. There are 30 million desirable women in the U.S. (my estimate) and I cannot find one."
Web page entry by George Sodini

He entered a dance aerobics class, placed a duffel bag on the ground, rooted around in the bag for a moment, turned off the lights and started shooting, police and witnesses said.

Three women were killed and nine women were wounded before he turned the gun on himself and committed suicide. In all, he fired 36 rounds from three of the guns.

Authorities identified the three women who died as Heidi Overmier, 46, Elizabeth Gannon, 49, and Jody Billingsley, 38.

Sodini's web page, on a domain registered in his name, appeared to be a nine-month chronology of his plans for the shooting, his decision to delay it and the process that led to the eventual carnage at his health club Tuesday.

"The biggest problem of all is not having relationships or friends, but not being able to achieve and acquire what I desire in those or many other areas," said an entry dated Sunday.

"Everthing stays the same regardless of the effert I put in. If I had control over my life then I would be happier. But for about the past 30 years, I have not."

Sodini wrote of planning the attack since at least November and had tried to do it when the same Tuesday-night dance aerobics class he targeted met on Jan. 6.

"It is 8:45PM: I chickened out!" he wrote. "I brought the loaded guns, everything. Hell!"

Allegheny County police Superintendent Charles Moffatt said yesterday that investigators would try to determine if anyone had read the website early enough to stop the attack. THE ASSOCIATED PRESS

A.C. HONG/THE ASSOCIATED PRESS

Laura Ling, left, and Euna Lee are greeted by their families after touching down in California yesterday.

'Home and free'

RELEASE Two American journalists freed by North Korea returned home yesterday for a jubilant, emotional reunion with family members they hadn't seen in nearly five months. The jet carrying Euna Lee and Laura Ling, reporters for Al Gore's Current TV, and former U.S. president Bill Clinton arrived at Burbank's Bob Hope Airport at dawn. Clinton met with communist leader Kim Jong Il on Tuesday to secure the release.

Lee emerged from the jetliner first and was greeted by her husband and four-year-old daughter. Ling embraced her husband as teary family members crowded around. Thirty hours ago, Ling said, "we feared that any moment we could be sent to a hard labour camp."

Then, she said, they were taken to another location.

"When we walked through the doors, we saw standing before us president Bill Clinton," she said to applause.

"We knew instantly in our hearts that the nightmare of our lives was finally coming to an end, and now we stand here, home and free." THE ASSOCIATED PRESS

Four-plus months

- The journalists were arrested near the North Korean-Chinese border in March while on a reporting trip for Current TV.

News in brief

PHILIPPINES Former Philippine president Corazon Aquino was laid to rest yesterday next to her assassinated husband after a funeral procession joined by hundreds of thousands of supporters who hailed her as an exemplar of moral leadership. The procession route was jammed with Filipinos dressed in yellow, the signature colour of the 1986 uprising led by Aquino that toppled dictator Ferdinand Marcos. She died Saturday after a yearlong battle with colon cancer.

MICHIGAN Exploding oil barrels flew into the air as a fire raged at a fuel storage facility about 105 kilometres north of Detroit yesterday, authorities said. Area residents were evacuated and two firefighters suffered minor injuries.

FRANCE The Paris Airports authority says the engine of an Airbus 320 of Vueling airlines caught fire yesterday and several people were slightly injured. Officials say the passengers were injured as they exited down the emergency slides.

TALIBAN Pakistani officials said yesterday that a U.S. missile strike in northeastern Pakistan had killed a wife of top Pakistani Taliban leader Baitullah Mehsud. Mehsud's associates would not confirm the report, although they did say a woman was killed in the missile strike in South Waziristan, part of the lawless tribal region along Pakistan's border with Afghanistan and where Taliban and al-Qaida leaders are believed to be hiding. THE ASSOCIATED PRESS

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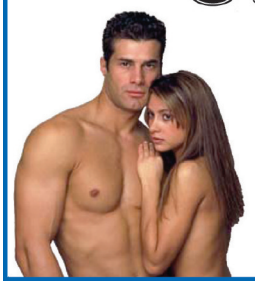

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Comment

The final resting place

Relationship obituaries can help people move on

Relating

Steve Collins

metronews.ca/collins

History is said to be written by the victors, but sometimes it's written by its prisoners, those who just can't stop thinking about it.

Take, for example, Relationship Obituaries (relationshipobit.com), the website created by NPR reporter Kathleen Horan to give the lovelorn a place to eulogize their dead relationships, remember good times gone, chew over old grudges, or just try to figure out what went wrong.

More than 1,000 contributors have posted their stories online and Horan has gathered the best of them into a book, Relationship Obits: The Final Resting Place for Love Gone Wrong.

The idea of a relationship obit makes emotional sense. There is real grief in a breakup. It came to Horan as she dealt with the twin shock of her father's death and getting dumped by her boyfriend of three years. Writing her father's obituary seemed to help her make sense of things, so she wrote another one for her relationship.

"It was a goofy thing to do, but it made it feel real so I could finally cremate the thing and move on," she writes.

Moving on, however, seems to be a challenge for many of the site's correspondents, like the guy who wrote a 20-year-old lament for a fling that lasted 10 days.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

As for taboos about speaking ill of the dead, or the revisionist politeness that creeps into all but the best obituaries, little can be detected. Obit and autopsy are rolled into one as contributors are encouraged to diagnose the cause of death. Anyone with an ex will recognize some of these assessments, not without the sting of truth but also bearing perhaps a whiff of self-service.

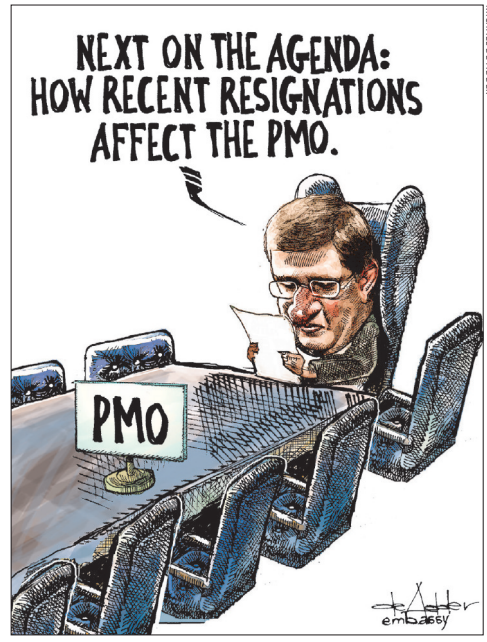
Since they are almost all written by one party to a relationship, they are necessarily one-sided affairs, and some really put the bitch, bitch, bitch in obituary.

Not that a lot of it doesn't sound justified. Utterly credible stories of cheaters, abusers, boozers and losers abound, sometimes all in the same obit.

"The cause of our demise," writes one survivor, "was alcoholism, drug and sex addictions, infidelity, verbal and physical abuse, a complete lack of maturity, reasoning, rational thought or behaviour and a total disrespect for women."

Most of the writers seem to be women. This may or may not surprise you. It didn't surprise me. The freshly-ditched man is, in my experience, less likely to spend weeks or months meticulously measuring and apportioning blame than he is to immediately gather buddies and beverages to convene a rigorous Irish wake for the deceased. It's just our way.

Steve Collins offers his best guesses on relationships for Metro every two weeks.



MICHAEL DE ADDER

Views

More to Hate about reality TV romances

FourthWave

Canice Leung

metronews.ca/fourthwave

Meet Luke Conley. He's a great catch: He earns six figures as a real estate investor and is a homeowner at just age 26. He's ready to settle down — with one of 20 women on Fox's new reality show More to Love.

Luke sizes up at 6-foot-3 and 330 pounds. Luke's favourite activities? Eating (cue close-ups of him eating cheeseburgers). Luke's favourite food? "Anything thick and juicy." His gaggle of prospective mates are also chubby — but no matter, because as he said during last Tuesday's premiere, he's attracted to "voluptuous, curvy women."

Over seven weeks, the women engage in the usual backstabbing, crying and hot-tubbing befitting reality TV, until a victor emerges with a ring on her finger.

More to Love is touted as the real woman's dating show — the average American woman weighs 162.9 pounds, stands 5-foot-4 and wears size 14, which isn't too far off from the contestants — but there's no shortage of ways to remind viewers these women are fat.

Contestant Danielle dejectedly describes her dating history: "Always the bridesmaid, never the bride." Their heights and weights are displayed onscreen. One 30-year-old confesses she's never been on a date. They weep endlessly over rejections, exes embarrassed to be seen with them or how they will be alone forever — unless they snag their prize.

Like most dating shows, it sells the notion that the man makes the woman, and without them, their lives are "less-than" blank slates, upon which men can impress their positive influence.

Sound like a more humiliating version of The Bachelor? Then it's no surprise More to Love was created by The Bachelor's Mike Fleiss. Hell, when news of the show first emerged in May, the working title was The Fatchelor.

Fleiss admitted to Business Week that reality TV pushes style over substance. "People like to see the emotional roller-coaster of romance more than the completed romance," he said.

There's no shortage of style here: The camera unflatteringly catches Danielle from behind as she heaves herself out of a pool. The contestants mingle with Mr. Handsome, food and drink in hand. "I love me a stick of meat!" says Bonnie, wrapping her mouth around a kebab.

What are fat people but a curiosity? They're clearly not good enough for regular, non-fat dating shows, otherwise we'd see them outside this arena for mockery.

More to Love may purport to show real women as sexy, desirable beings, but producers turned them into objects as one-dimensional as the Barbies they're not.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

Worth mentioning

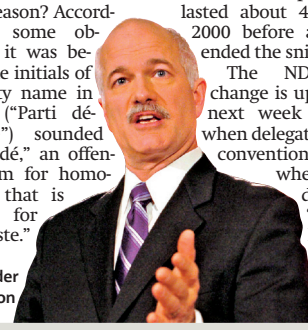
Messing with brands can carry unintended risks

A proposed name change to make the storied New Democratic Party of Canada appear dynamic and modern looks certain to get lost in translation.

Just ask François Bayrou.

The French politician changed his party's name in 2007 to the Democratic Party — the very name being proposed by some NDP members — and then quickly changed it again to Democratic Movement.

The reason? According to some observers, it was because the initials of the party name in French ("Parti démocrate") sounded like "pédé," an offensive term for homosexuals that is short for "pédéraste."



NDP Leader Jack Layton

"It's probably not an acronym you want to use for your party," said David Soberman, professor of marketing at the University of Toronto's Rotman School of Management.

Tinkering with a party brand can carry unintended risks, Soberman said yesterday. It evokes memories of another political rebranding misstep — CCRAP (the Canadian Conservative Reform Alliance party), which lasted about 48 hours in 2000 before a quick fix ended the snickering.

The NDP's name change is up for debate next week in Halifax when delegates at a party convention will decide whether to drop the "New" from New Democratic Party.

TORSTAR NEWS SERVICE

Metro Online Poll Results

49% SAID YES	Should Canada share its flu vaccine supply with other nations? *Weigh in on today's question at metronews.ca*	51% SAID NO

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Adidas net profit plunges 93 per cent

Sportswear company Adidas AG said yesterday that its second-quarter net profit fell 93 per cent, mainly because of higher operating expenses, to €9 million ($13.8 million) from €116 million in the second quarter of 2008. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 93.45¢	US $4.038	US $71.97	11,046.93
US 0.38¢	US 3.7¢	US 55¢	28.83

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Lakeside may bid for Stelco

A junior Canadian steel company is pushing a bid to bring former Hamilton steelmaker Stelco back to life and put the company now owned by United States Steel Corp. back into Canadian hands.

Lakeside Steel said yesterday it has filed for intervenor status in Federal Court hearings into alleged breaches by U.S. Steel of job and production commitments it made two years ago in getting government approval for its $1-billion takeover of Stelco.

Pittsburgh-based U.S. Steel has said the global recession left it with no choice but to shut down most of its Canadian operations, according to documents filed in court.

"The Lakeside alternative being proposed to the court would repatriate a former Canadian icon and resume operations immediately at the Hamilton and Nanticoke facilities," Lakeside chief executive Vic Alboini said.

THE CANADIAN PRESS

> **"The Lakeside alternative ... (would) resume operations immediately at the Hamilton and Nanticoke facilities."**
> Vic Alboini

P&G Looking at lower prices

AL BEHRMAN/THE ASSOCIATED PRESS FILE PHOTO

Procter & Gamble Co. says it will cut prices on some of its products and add lower-tier products to counter consumer trade-down to cheaper brands after its fourth-quarter profit fell 18 per cent. Sales dropped across P&G's portfolio, but particularly in discretionary areas such as Pringles snacks, Braun electric shavers, Oral-B power toothbrushes and Duracell batteries.

MPs to discuss Nortel auction

WIRELESS The House of Commons industry committee wants to talk tomorrow to the lead players in the Nortel Networks asset sale drama that ended up with Swedish telecom company Ericsson as the successful bidder. Officials from Industry Canada, Ericsson and BlackBerry maker Research in Motion, which made a failed bid for the assets, will be at the emergency meeting.

THE CANADIAN PRESS

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$173M loan to aid Bombardier deal

AEROSPACE Ottawa is lending Scandinavian Airlines SAS up to $173 million to help it purchase eight aircraft ordered last year from Bombardier.

International Trade Minister Stockwell Day suggested the loan would help to support the aerospace industry, which employs tens of thousands of Canadians, especially in Quebec.

The loan will support the sale of eight Q400 and CRJ900 aircraft, whose total list price ranges between $232 million US and $320 million US.

SAS and three affiliates ordered 27 aircraft in March 2008.

THE CANADIAN PRESS

In brief

ECONOMY A trade group's measure of the health of the U.S. services sector contracted more sharply than expected in July. The Institute for Supply Management's services index clocked in at 46.4, down from 47 in June. It's the 10th straight month of decline as any reading below 50 indicates the sector is shrinking.

GREENPEACE The environmental group Greenpeace has ended its long campaign against Kimberly-Clark after the Kleenex maker agreed to change its forestry practices. Officials with Kimberly-Clark, which also makes Huggies diapers, Scott toilet paper and Viva paper towels, say the company has set a goal of obtaining all wood fibre from environmentally responsible sources.

THE ASSOCIATED PRESS

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Canada up 26 in FIFA rankings

Canada has moved up 26 spots in FIFA's world rankings following its run at the CONCACAF Gold Cup. Canada is No. 66 on the list released yesterday after two wins and one draw at the Gold Cup before losing to Honduras in the quarter-finals. Brazil retained its No.1 berth ahead of Spain and the Netherlands. METRO NEWS SERVICES

Sports

NFL's new highest paid player

Eli Manning, left, has agreed to a new $97-million US, six-year contract extension with the New York Giants that will make him the highest paid player in the NFL with an average salary of roughly $15.3 million. A person close to the talks who asked not to be identified says Manning is guaranteed $35 million under the deal that will keep him with the Giants through the 2015 season. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Argos' Payton ready to face old team

Jarrett Payton understands the precarious nature of CFL employment better than most.

In 2007, he was a star, leading the Montreal Alouettes in touchdowns and rushing. In 2008, he was out of work, the victim of an injury and the numbers game and if anyone could have cursed the football gods, it was the son of the legendary Walter Payton.

It could have made Jarrett, now a member of the Argonaut running back brigade, bitter and angry and lent a huge edge to his return to Montreal with Toronto this week.

CFL PREVIEW

Toronto at Montreal

AT

Instead, the 28-year-old Payton is more rueful than upset, looking forward to seeing old friends at tomorrow's game rather than sticking it to the team that cost him a year of inactivity.

After all, it's the CFL and anything can — and often does — happen.

"Last night, we were talking and we said, 'What league do you know where you can have a couple of quarterbacks not play well (like, say, Winnipeg) and some guy who's sitting at home watching TV (like, say, Michael Bishop) come and start the following week when he gets there and he ends up winning the game?'" Payton said yesterday after practice in Mississauga.

"It just shows everybody's ready and I think that's what makes this league so much better than anywhere else I've played. You just never know what's going to happen next week. You really don't.

"You never know."

Payton is pretty much living proof of that. Signed by the Argos as a free agent in June, he really didn't know where he would fit on a roster that already included running back Jamal Robertson. But with an offence that has struggled at times this season, he's being used in a two-back formation that puts a different wrinkle on that offence.

"I'm starting to get a little bit more of a role in the offence and getting used to things so it makes it a lot more fun," he said. "This is the best job in the world, you're like a big kid and you get to play a game for money. It's the best thing ever."

And one of the best things about the best thing ever for Payton is getting a chance to return to Montreal as a contributing member of a visiting football team.

TORSTAR NEWS SERVICE

Yankees beat Jays, complete two-game sweep

MLB RESULTS

New York 8 Toronto 4

AT

BASEBALL Nick Swisher hit his 18th home run of the season to ignite a four-run seventh inning as the New York Yankees beat the Toronto Blue Jays 8-4 yesterday.

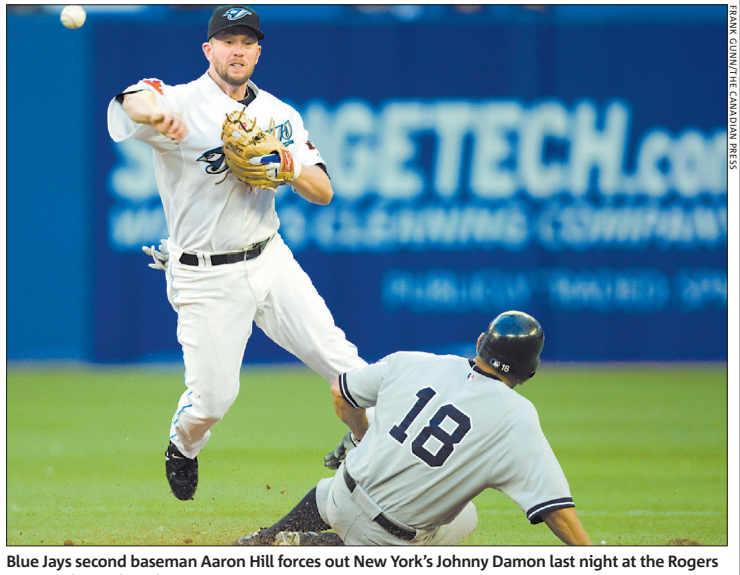
The Blue Jays got home runs from Adam Lind and Marco Scutaro, but ultimately fell short as the Yankees earned a sweep of the two-game series in front of 31,402 at the Rogers Centre.

Alfredo Aceves (7-1) pitched two innings in relief to earn the win, while Johnny Damon had two run-scoring singles and his 19th homer in a 3-for-5 game.

Rookie left-hander Marc Rzepczynski (1-3) allowed five hits, including Swisher's game-tying homer, and was charged with four runs in six-plus innings. He walked one and struck out seven.

Rzepczynski was making just his sixth start of the season for Toronto, and kept the Yankees largely at bay until the seventh, when Swisher belted a solo home run to lead off the inning.

THE CANADIAN PRESS



FRANK GUNN/THE CANADIAN PRESS

Blue Jays second baseman Aaron Hill forces out New York's Johnny Damon last night at the Rogers Centre. The Yankees beat Toronto 8-4.

Sports in brief

BASEBALL The Chicago Cubs released B.J. Ryan yesterday after the former Blue Jays closer reportedly told the team he wouldn't be effective this year and wanted to go home to regroup.

ARENA FOOTBALL The Arena Football League has shut down indefinitely. The league sent a terse, one-paragraph statement to its teams late Tuesday announcing it had suspended operations.

NHL Veteran defenceman Teppo Numminen announced his retirement yesterday after 20 years in the NHL. The 41-year-old Finn spent the last four seasons in Buffalo. He also had stops in Winnipeg, Phoenix and Dallas during his career.

SOCCER Didier Drogba committed himself to Chelsea yesterday by signing a new three-year deal that will keep him with the English Premier League club until 2012.

HOCKEY Brendan Shanahan is returning for a 22nd NHL season. The 40-year-old forward signed a one-year deal with the New Jersey Devils yesterday.

HOCKEY The Pittsburgh Penguins hired Tony Granato as an assistant coach yesterday. The 45-year-old spent the last six seasons as an assistant and head coach of the Colorado Avalanche. METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE

YESTERDAY

N.Y. Yankees 8 **TORONTO** 4
Detroit 4 Baltimore 2
Cleveland 8 Minnesota 1
Tampa Bay 6 Boston 4
Seattle at Kansas City
L.A. Angels at Chicago W. Sox
Texas at Oakland

TODAY

Minnesota at Cleveland
Baltimore at Detroit
L.A. Angels at Chicago W. Sox
Texas at Oakland
Boston at N.Y. Yankees
Seattle at Kansas City

NATIONAL LEAGUE

YESTERDAY

N.Y. Mets 9 St. Louis 0
San Francisco 10 Houston 6
Atlanta 6 San Diego 2
Arizona 4 Pittsburgh 3
Philadelphia 7 Colorado 0
Washington 5 Florida 4
Cincinnati 4 Chicago Cubs 0
Milwaukee at L.A. Dodgers

TODAY

Florida at Washington
Colorado at Philadelphia
Arizona at Pittsburgh
N.Y. Mets at San Diego
Atlanta at L.A. Dodgers

CFL

TOMORROW

TORONTO at Montreal
Saskatchewan at B.C.

SATURDAY

Edmonton at Hamilton
Winnipeg at Calgary

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Bush suffers setback

Reggie Bush left New Orleans Saints practice yesterday before returning with his surgically-repaired left knee wrapped in ice. METRO NEWS SERVICES

Teams clamp down

Some NFL squads ban Twitter to protect team secrets

The only tweets during the Miami Dolphins scrimmage Saturday will come from the officials' whistles.

The Dolphins are at the forefront of an NFL clampdown on Twitter and other social media, with new restrictions imposed on players, reporters and even spectators.

Miami's secretive Bill Parcells regime prohibits fans and media at training-camp practices from tweeting, blogging or texting. At least six other teams have also imposed such restrictions on reporters, even though the workouts are open to the public.

Twitter intolerance is no surprise in a league where paranoia is part of the playbook. Like many Americans, coaches are anxious and a little confused about the rapid pace of change in communication.

"I don't really have a Twitter policy," Denver coach Josh McDaniels said. "I don't know what it means; I don't know what it is. I don't know MyFace, Spacebook, Facebook stuff. I don't know what that is either."

McDaniels mangled the website names in jest, and the Broncos actually do prohibit tweeting. Such restrictions run contrary to a recommendation from league headquarters that teams allow tweeting and blogging during training camp practices.

"It is not practical to prohibit media from doing some reporting (via tweeting, texting, blogging, etc.)," a league memo to teams said.

Along with the Broncos and Dolphins, the New England Patriots, Buffalo Bills, Indianapolis Colts, New Orleans Saints and Detroit Lions disagree. They don't allow reporting from the practice field.

The Broncos also banned cellphones and computers at workouts to prohibit fans from tweeting or texting. The Colts went a step further by prohibiting reporters' notebooks (the spiral kind) at practice, but the ban was quickly rescinded.

Some teams, including the Dolphins, have urged their players not to tweet. Other teams are more lenient about the use of social media. All teams are weighing the impact of the new modes of communication.

THE ASSOCIATED PRESS

Plugging 140-character leaks

- Driving the clampdown is a fear important information might leak out. Twitter allows for only 140 characters, but "I broke my leg" requires just 14.

"Coaches certainly are paranoid," Dallas Cowboys coach Wade Phillips said.

Follow Metro on Twitter for news updates and more: @metrotoronto

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Jays VS Orioles

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Saturday, August 8th @ 1:07 pm 92/93 World Series Fan Fest and Autograph Session
Select players from the 92/93 WORLD SERIES TEAMS* will be signing autographs outside gates 5 & 10 between 11:45 - 12:30 pm.
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Exclusive
Stanley's 684 Piece Household Kit is available exclusively at Wal-Mart for $12.99. METRO NEWS SERVICES

Metro Homes

Toolkit for all

Stenley recently released the 684 Piece Household Kit, A handy all-in-one kit for the house, cottage, trailer and even college Residence. You'll always know where to find the pieces you need for little chores around the house. The kit contains everything for hanging pictures, shelves, posters, and even your to-do list. See stanleyhardware.com.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Paper it up

- Designers John Loecke and Jason Oliver Nixon offer some tips on how to decorate with their favourite wall covering:
- Create a "jewel box" in a tiny space like a foyer by covering the walls and ceiling with a single pattern, then jazzing it up with paste-on rhinestones or pearls. An entryway is also a good place for a pricey paper that may be too expensive in a larger room.
- Use complementary patterns in rooms that open into each other, like a dining room to a kitchen to a pantry. Unify by using different shades of the same colour.
- Pick two separate but complementary patterns for the walls and ceiling in a bedroom, like a curving vine pattern on the wall that draws the eye to a floral pattern above.
- Tropical designs are hot. Loecke and Nixon papered a pink-tiled bathroom with a banana leaf pattern in contrasting shades of green. The bold design is famously associated with the Beverly Hills Hotel.
- Consider dramatic wallpapers for halls and passageways.
- Use a rare, expensive or powerful pattern on a "feature" wall in a room, where it can serve the same function as art.
- Woven and grasscloth papers are good for unifying wall space along a multi-storey staircase and can also serve as a neutral backdrop for a diverse art collection. THE ASSOCIATED PRESS

Bringing back texture

Looking for drama? Go for wallpaper, designers say

Back in the spring, Oprah declared that wallpaper is back.

But is it really? That depends on what you want to do in your home and, to a lesser degree, how much you're willing to spend.

If rock bottom is your bottom line, then a simple paint job is probably the way to go. But if you were planning on spending a little more to get a really nice paint job — perhaps one with murals, borders or faux finishes — then you might want to consider wallpaper.

That's because in the cyclical world of fashion and home furnishings, wallpaper is hot again.

Making a statement

Decorators say that if you're looking for drama, texture, warmth and personality, wallpaper is the way to go.

Designers Jason Oliver Nixon and John Loecke have wallpapered virtually every nook and cranny of their house, including the interior of a glass-fronted bathroom cabinet and the inside of a closet.

For their foyer, they chose a pink and blue floral pattern and embellished it with paste-on coloured rhinestones.

The guest bedroom has a directional vine pattern on the walls that takes the eye to the ceiling, where there's a complementary but contrasting pattern of swirling flowers. Anne Goldsmith, a decorator in suburban New York, says you can make a bold statement in your bedroom by papering just the wall behind the bed. "It can just be really fun — a focal point in a boxy plain room without a lot of architectural detail," she says.

Good in a down economy

With stylish patterns selling for a reasonable price, wallpaper doesn't have to cost much more than a really good paint job. Scott Salvator, a Manhattan-based designer, says wallpaper is the perfect choice in a down economy because it decorates the room.

Should you do it yourself?

There are many do-it-yourself books on the market, but you probably don't want to wallpaper yourself unless you're supremely patient and good at following directions.

Options for the design-challenged

Let's face it: The average person does not have the eye of a decorator. But even the design-challenged can be a little bit adventurous with minimal risk.

Start by putting wallpaper in smaller spaces like a hallway or foyer. If you fall in love with an expensive pattern, hang it on just one wall and paint the other three.

THE ASSOCIATED PRESS

Above: This shot shows designers John Loecke and Jason Oliver Nixon's use of bold, contrasting patterns on the walls and ceiling. Top right: The detail of the custom-made trellis pattern based on the letter "J." Middle right: This wallpaper features orange lanterns, which add a dash of color to a scene of Venetian gondoliers. Bottom Right: A large-scale, linear vine pattern.

ALL PHOTOS: RAY KUGLER/THE ASSOCIATED PRESS

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Best guest

Hostess gifts under $10

Invited to spend the weekend with friends at their summer place? Here's some inspiration for personalized thank-you gifts that let hosts know how much you appreciate their hospitality. All are budget friendly — after all, it's not the cost but the thought that counts. Written and produced by Susan Rogers — Photography by Paul Chmielowiec

game plan

• $9.47
Playing games and working on puzzles are popular cottage pastimes. Check out the dollar store for new card games and jigsaw puzzles, then package them in a serving bowl along with some popping corn. Bowl, $3.99; (Homesense); puzzles, $3.39, (Zellers); card games $.50, (Dollerama); popping corn, $1.59/297g bag, (Sobeys).

best friends

• $9.98
Don't forget Rover and Felix! Hosts will appreciate your recognition of four-legged family members. Pack a pet-food bowl with treats and toys. Include a bag of dog biscuits or cat cookies, and you'll soon have a new BFF (best furry friend!). Bowls, $3.99; wooly mouse toy, $4.99; ball $1.99, (Petsmart); PC Gnaw & Paw dog biscuits, $2, (Loblaws).

grill seekers

• $9.93
A saucy marinade, basting brush and handy grill-side cloth make a gourmet-worthy gift. Include a bottle of store-bought barbecue sauce or make your own for added value. PC silicone basting brush, $4.99; dishclothe $1.95; barbecue sauce $2.99; (Loblaws).

jam session

• $5.57 each
People appreciate a pantry treat they're unlikely to buy for themselves, like some sweet little bowls and ceramic spoons. Perfect for any cottage breakfast table, especially when serving specialty jams and jellies. Bowls, $.89; spoons, $.69, (Tap Phong Trading Co.); jam, $3.99, (Crabtree & Evelyn).

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Homescape archive online
Check out all of Sylvia Putz' homescape columns online at Metronews.ca.

Deep discount season descends

HomeScape

Shopping is like an addiction for some. I'm not normally one of them, I'm afraid.

If the truth be told, I'd rather be doing something else most of the time. Shopping for the household and family has always seemed to me to be a chore.

But I have to admit, sales featuring deep discounts still give me a sense of anticipation, a sense of the hunt and kill. Many of you know exactly what I'm talking about.

Consider seasonal sales. They follow a very predictable schedule. As surely as fall follows the summer, retailers need to clear their inventory to make room for the next season's clothing and goods.

For example, every year, around this time, summer things go on sale, sometimes with fantastic discounts. Bathing suits, beach towels, outdoor furniture and accessories, picnic dishes, shorts, summer pants, tops, shirts and dresses fill the bargain racks.

Also look for sales on sporting equipment used in the summer (kayaks, canoes, tents and camping gear), barbecues, fans, lawnmowers, and linens, and blankets — which tend to be lighter in weight and colour during the summer months.

Also coming up are summer sales on plants, both perennial and annual, plus gardening paraphenalia, such as planters, hoses, watering cans and so on. So if you're in the market for any of these types of items, now is the time that these sales start, and they'll go on into September in one form or another.

To find the best sales, keep an eye out for flyers and newspaper advertisements, and check your favourite stores' websites for online end-of-summer specials. Word of mouth, especially from your shopping-happy friends, is also a great resource.

Even if you don't need them for this year, think next year.

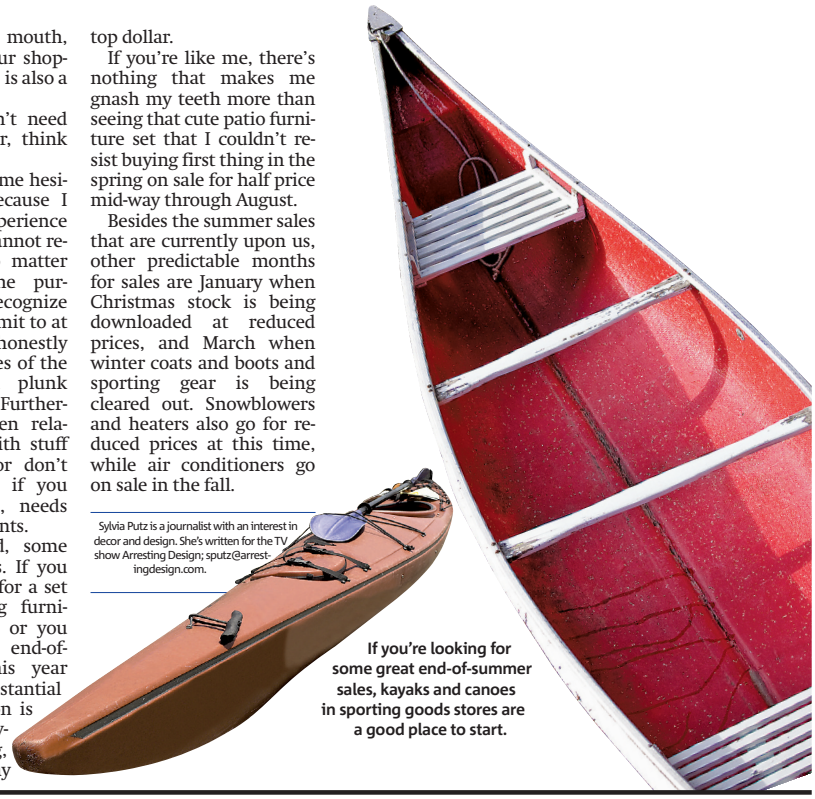
I say this with some hesitation, though, because I have personal experience with people who cannot resist a bargain, no matter how pointless the purchase. If you recognize yourself here, commit to at least thinking honestly about potential uses of the item before you plunk down your money. Furthermore, don't burden relatives or friends with stuff they won't like or don't need. Only do it if you know preferences, needs and size requirements.

That being said, some things are obvious. If you are in the market for a set of outdoor dining furniture, for instance, or you will be soon, end-of-summer sales this year could net you substantial savings. This option is far superior to buying in the spring, when you will pay top dollar.

If you're like me, there's nothing that makes me gnash my teeth more than seeing that cute patio furniture set that I couldn't resist buying first thing in the spring on sale for half price mid-way through August.

Besides the summer sales that are currently upon us, other predictable months for sales are January when Christmas stock is being downloaded at reduced prices, and March when winter coats and boots and sporting gear is being cleared out. Snowblowers and heaters also go for reduced prices at this time, while air conditioners go on sale in the fall.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.



If you're looking for some great end-of-summer sales, kayaks and canoes in sporting goods stores are a good place to start.

Think your home has character?
Think your house/apartment/condo/abode is chalk full of character? Email douglas.dunlop@metronews.ca why and you could be featured on Metro's Your Space feature. Not all submissions will be considered.

ALL PHOTOS BRIAN COULTON/FOR METRO CANADA

"I could live all my life just gardening," says Sharon Pompey.

Green thumb's garden

Metro's Your Space features a nature lover's abode who b

Your Space

Resident: Sharon Pompey, 48, Wholesale Business Representative and Aesthetician
Space: Detached one-bedroom cottage-style house
Location: Leslieville
Price: $310,000

BRIAN COULTON
for Metro Canada

Sharon Pompey's first memory as a child is walking through her grandmother's garden, helping her pick corn.

"I was holding onto her skirt, sucking my thumb," she said. "It was just her and I for a long period of time, so I used to spend my time walking through the garden."

Sharon Pompey's front and back yards are full of lush flora.

It's from that memory Pompey believes she grew her green-thumbed passion. "I could live all my life just gardening … and not working," she said with a laugh. And while both her front and back yards are full of lush flora, she hasn't left the garden feel outside.

"My love for the garden has moved inward, so even in the winter, there's a sense of garden around," she said. "The vibrant colours I've chosen make me feel like I'm still outdoors. It's alive and very homey."

The feeling sprouts into her kitchen, distinguished by a large poppy portrait hanging on the wall and the poppy dishware sitting atop a bistro table.

But among the garden theme lies a second over-

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Enter the world of 'globally eclec

Suite Talk

RAFAEL BRUSILOW
for Metro Canada

The fact that convenience and luxury intermingle so well at Luxe Condominiums is no doubt convenient.

Located a few baby-steps away from the Yonge-and-Finch subway, GO Transit and VIVA bus connections, the newest Menkes development is a short commute away from downtown while still able to keep its sense of independence from the more stressful sides of the downtown bustle.

An exterior illustration of Luxe Condominiums, left, and the Luxe Lounge, above.

Mimi Ng, vice-president of marketing for Menkes, says inside and out Luxe aims for a look and feel that oozes sophistication and modernity.

"We're trying to take the namesake of the project and translate those design elements to set a luxurious tone," Ng said.

Contemporary glass and pre-cast exteriors highlight the two tall condo spires with crisp, modern lines topped with dramatic steel frame caps.

Interior luxury takes

Your Space on our space
Check out all the past editions of Your Space, which features homes in Toronto with character, at Metronews.ca.

n paradise in Leslieville

brought the forest into the city and settled in the east end

arching influence, induced by Pompey's sense that she's from a different period — the South of France.

"The whole look of it — the narrow streets, the cobblestone — always inspired me to retire there," she said, "or, if I can't retire there, try to create a space that gives a feeling that I'm there."

The region is reflected in Pompey's space by the hardwood floors, antique chests and classic-looking faux-fireplace she created with a window from an old church in Singapore on the main level, and continues upstairs.

"In France, they tend to keep their boudoir white, soft and romantic," said Pompey. Her entire bedroom is clad in white, from the old linen bedding, through the walls, to the modern picture frames she scuffed up and painted to appear aged.

"It's always about making things brighter, beautiful and more appealing no matter what I do."

Seen here are Sharon Pompey's rustic deck, left, and faux fireplace.

ALL PHOTOS BRIAN COULTON/FOR METRO CANADA

"The vibrant colours I've chosen make me feel like I'm still outdoors," Sharon Pompey says of her indoor decor.

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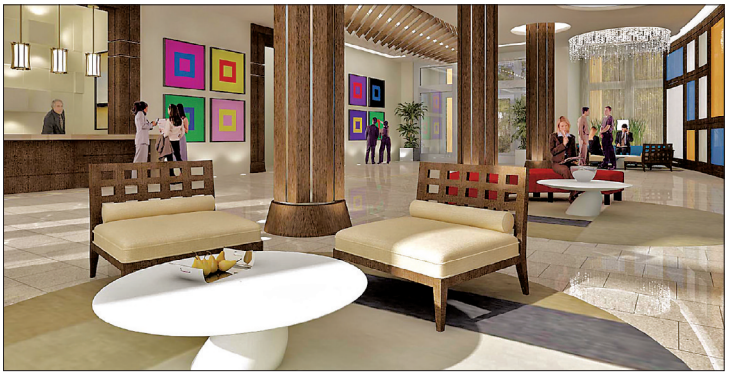
ctic style' at Luxe Condominiums



An close-up exterior illustration of Luxe Condominiums, right, and the lobby, above.

shape first in the richly detailed lobby, with tall, gorgeous wooden beams reaching into alternating circular and rectangular impressions in the ceiling, colour-shifting LED lighting and curved seating alcoves outfitted with textured sculptural chairs.

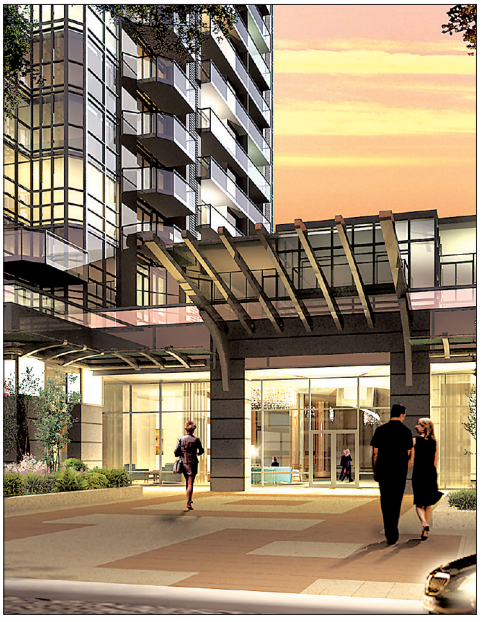
The Luxe Lounge, appointed with glorious dark woods and cream-coloured finishes, acts as a centrepiece entertainment space with a caterer's kitchen, party room with bar and plenty of room for dining and entertaining.

Inside the development's varied one-bedroom and two-bedroom suites high quality fittings including designer cabinetry, granite countertops, engineered wood flooring and porcelain tiles ensure the luxury motif continues past the entrance door.

Keeping things modern without going over the top is Luxe's trademark, Ng says.

"It's a globally eclectic style — the spaces are dramatic but still keeping a stylish, classic element. There is some drama but nothing too over the top. We want to make each residence a real haven for people," Ng said.

For more information, visit menkes.com.



Canadian Gardening Magazine
Read more in the Summer issue of Canadian Gardening magazine.
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Outside Decor

Canadian Gardening

how-to

Water-smart lawn care

Follow these tips to have the blades of glory you want without wasting water. By Stephen Westcott-Gratton

Across Canada, the state of one's lawn is fast becoming tantamount to a public political treatise on one's stance on "Issues Environmental." We've all seen grass that looks suspiciously lush, low-cropped and weedfree — and I hope that we all shudder, wag our fingers and shake our heads; but by the same token, the opposite extreme — a neglected, weedy, disease-ridden lawn is equally wince-inducing. Surely there has to be a happy medium. Here are ways to reduce water use yet keep your lawn lush.

- Dethatch and aerate your lawn every year to make it easier for water to reach the turfgrass root zone.
- To hell with Kentucky bluegrass! Overseed with one of the new drought-tolerant fescue turf mixes, such as Enviro-Turf or Eco-lawn.
- Turfgrass only needs 2.5 centimetres of water per week to remain green and healthy; overwatering can lead to disease. For heavy soil, irrigate only once per week; sandy soil, twice.
- Buy an inexpensive rain gauge (available at most garden centres and hardware stores) and remember to include rainfall when you calculate your 2.5-centimetre maximum per week.
- Purchase rain barrels for all your downspouts; what you don't use for your containers and beds can be used on the lawn.
- Always irrigate early (between 4 and 9 a.m.) so water isn't lost to evaporation. Avoid fan sprinklers that shoot water high into the air (where it's subject to wind and evaporation); impulse sprinklers that deliver water close to ground level are more efficient.
- Set your mower blades to 7.5 centimetres high. Taller grass yields deeper, more drought-tolerant roots, and longer shoots provide shade at ground level, helping to retain soil moisture.
- For large lawns, use a mulch mower, and leave the finely chopped grass clippings where they lie to add nitrogen to the soil as they decompose, shade out weeds and conserve moisture.
- For smaller lawns, use a reel, or push, mower. Make sure to roll over each row twice — a double pass — to further chop up clippings. (Added benefit: no loud noise or air pollution.)
- Whether your region experiences a wet or dry summer will be the ultimate arbiter of your lawn's appearance. Keep in mind that during times of drought, having straw-coloured turfgrass is a badge of honour.

G.R.E.E.N. Rain Barrel, $74.99, (PC).

190 l Rain Barrel, $109.99, (Canadian Tire).

Heaven & Earth 200 l Collapsible Rain Barrel, $79.99, (The Home Depot).

Canvas Water Bucket, $18, (Design Within Reach).

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Columns on the web
Check out all of Amit Paul's The Hunt column and Jeff Cowan's Legal Matters at Metronews.ca.

House or condo? Tough toss-up

TheHunt

Amit Paul

Metronews.ca/thehunt

There are certainly more than a few purchasers who begin their new home search considering both condos and houses. If you are, or could be, one of these people you should be aware of the differences in the market between the two. These days the differences between purchasing a condo and a house are more magnified.

Right off the bat, the lifestyle of condo living versus house living is quite different. Location wise, and actual lifestyle wise, each type of dwelling (house or condo) has its advantages and disadvantages. Demographically speaking for our city's young professionals condos/lofts/ towns are most popular. Quite often they are the only affordable type of home for a young person/family starting out. Of course the condo also comes with other perks like less responsibilities as an owner, relatively speaking, and chances are the convenience and attractions of the area will outweigh the same for a house — i.e. downtown Toronto versus say North Markham.

On the other hand buying a house in the suburbs, while more expensive for many, gives you more space, better appreciation value, and that general cosy feeling of suburbia that comes with a white picket fence.

Indeed the differences between a condo and a house are many, but for buyer Teri, who has done her research and is an intelligent buyer, what I've discussed so far seems common sense. I'd have to agree with Teri, in that these differences aren't the most important to keep in mind.

Here is the biggest difference to keep in mind. Consider that this June was the best June on record, ever. That's right folks — June '09, really a part of the worst economical recession in recent memory, clocked in better than last year and even of '07.

What does this mean for buyer Teri? It means that Teri needs a different mentality depending on whether she's shopping for a condo or a house, to successfully purchase the home she really wants.

In other words, if Teri is looking to buy a nice suite in a nice building in nice downtown Toronto, she needs to understand that there are dozens of other buyers who will love the same unit she does. Teri needs to recognize that sellers are purposely pricing their units a little bit below market value, holding offers until a certain date, generating as much interest as possible and then routinely getting multiple offers on their properties.

So when Teri is comparing the solds on the houses she's reviewing alongside the condos, she can better understand how and why the two markets are very different, and give herself the best possible chance at success with whichever market she ends up going with.

In a multiple offer situation, make no mistake, the seller is in total charge. Does this mean that Teri is doomed to pay more than market value? Absolutely not. It does however mean that Teri is part of a resurging trend that is seeing prices of the popular downtown condo buildings rise again near their all-time highs, so what she pays will likely be the highest new sold comparable, or near there. Next week we'll discuss why this is the case.

Happy hunting!

Amit is a Realtor/Developer with Re/Max. amitp@rogers.com

Parking expenses issue

LegalMatters

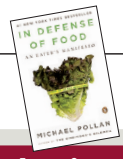
Jeffrey D. Cowan

jeff@cowanlaw.ca

Q My parents live in a condominium and we have discovered over the past year that they have been overcharged for the common expenses for their parking spot. It is not a substantial amount of money but it should be corrected. Should I approach the Board of Directors to see if we can get this issue sorted out?

A More often than not residents pay their common expenses through automatic debit from their bank accounts and so it is difficult to stop these automatic withdrawals if they are too high. Usually a call to the management office will fix this situation. If not responsive, the ultimate responsible body for the corporation's governance is the board of directors. If you are not getting any response from the management office, I would encourage you to contact the board and state your case. This issue may be more widespread than you think and something that needs to be brought to the board's attention.

Jeffrey Cowan is the principal with Cowan Taylor and McGee, Barristers & Solicitors. The information in this article should not be relied upon as legal advice.



A bestselling defense

In Defense of Food: An Eater's Manifesto by Michael Pollan topped the cookbook bestsellers' list last week at Amazon.ca. The Omnivore's Dilemma came in second and Simply Great Food in third. METRO NEWS SERVICES

Food

In 1986, the city of Nanaimo, B.C., held a contest to find the best Nanaimo bar recipe. A recipe submitted by Joyce Hardcastle won and is now known as the official Nanaimo bar recipe.

FOODTV.CA

Fave flavour?

Today, many variations for the middle layer of a Nanaimo Bar exist — such as cherry, peanut butter, mint and cappuccino.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Hot sandwich, cool bar

Quick and easy summer recipes are only a click away thanks to 20 Minute Supper Club. Find lots of inspiring alternatives to burgers 'n' dogs in the brand-new Grill Guide at 20minutesupperclub.com.

This week's tasty and nutritious meal includes a fresh, tossed Asparagus Salad, followed by a Summer Sausage BBQ Panini Sandwich with Corn Relish, and delicious Nanaimo Bars for dessert. Ciabatta bread is ideal for this sandwich because of its crusty outside and airy interior. Focaccia or sourdough bread would also make delicious alternatives. If you don't have a barbecue, you can also use a Panini grill or heavy-bottomed skillet for this recipe.

Nanaimo Bars are satisfying any way you make them, but in the ones pictured we actually doubled the chocolate to get that thick, chocolatey base. The best part about these sweet treats is that you can freeze them easily, and they keep their decadent chocolate flavour until the next time you pull them out. Serve these up on your patio table for that fresh outdoors picnic flavour that can only be found during the summer months. -CHRISTY PENGILLY

Asparagus Toss-Up

Recipe Developed by David Grenier.

SERVES 4-6
PREP TIME: 15 MINUTES
COOKING TIME: 10 MINUTES

INGREDIENTS:

- 1 cup instant couscous
- 1 1/4 cup cold water
- 12 spears asparagus, shaved
- 3 peaches
- 1 bunch watercress
- 2/3 cup extra-virgin olive oil
- 1 lemon, juiced (about 1/4 cup)
- 2 tablespoon fresh thyme
- 1 1/2 cup torn buffalo mozzarella
- 1/4 cup pine nuts

METHOD:

1. In a medium bowl, cover couscous with cold water. Set aside.
2. In a large bowl, combine asparagus shavings, peaches and watercress. Set aside.
3. In a small bowl, whisk together oil, lemon juice and thyme, and toss with asparagus. Fluff couscous with a fork, add it to asparagus and season with salt and pepper.
4. To serve, divide salad among plates and garnish with cheese and pine nuts.

• Chef's Tip: To shave asparagus, lay each spear on your work surface and trim ends. Holding the tip of the spear, run a sharp vegetable peeler along its length to make long ribbons.

Summer Sausage Panini Sandwich with Quick Corn Relish

Recipe Developed by Paula Bowman.

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

INGREDIENTS:

- 2 cobs corn, kernels removed
- 1/3 cup water
- 1/4 cup finely diced red onion
- 3 tbsp apple cider vinegar
- 1 tbsp sugar
- 1/4 tsp crushed red pepper flakes
- 2 tbsp olive oil
- Kosher salt and freshly ground black pepper
- 1 avocado, halved, pitted, peeled and roughly diced
- 1/4 tsp minced garlic
- 1 16 oz ciabatta bread or 4 individual ciabatta rolls, halved diagonally
- 2 plum tomatoes, thinly sliced
- 8 slices old cheddar
- 1/2 lb thin sliced Mennonite summer sausage or similar summer sausage

CARLO MENDOZA PHOTO

CARLO MENDOZA PHOTO

Summer Sausage Panini Sandwich with Quick Corn Relish and Nanaimo Bars, inset.

METHOD:

1. Preheat grill to medium-high
2. In a non-stick skillet set over medium-high heat, combine first 6 ingredients plus 1-tablespoon olive oil and bring to a boil. Reduce heat to a simmer and cook until liquid has been absorbed and corn begins to lightly caramelize, about 6 minutes. Remove from heat, season with salt and pepper and set aside.
3. Meanwhile, in a small bowl, combine avocado and garlic and stir in 2-teaspoons olive oil, mash slightly with a fork, season with salt and pepper and mix well. Lightly brush outside of ciabatta loaf with remaining olive oil and season with salt and pepper. Lay both halves of bread open on a cookie sheet and spread avocado mixture on inside top layer of bread. Cover avocado with a layer of tomatoes, followed by layers of cheese and summer sausage. When corn relish is finished cooking, distribute evenly to bottom layer of bread. Put both halves together and press gently.
4. Transfer sandwiches to a hot grill and cook, pressing lightly with a spatula until crispy on the bottom, about 3 minutes. Carefully turn sandwiches over, using a spatula and continue to cook until crispy and warmed through, about 3 minutes. Use cookie sheet to transfer to cutting board. Cut sandwich into quarters and serve warm.

Nanaimo Bars

SERVES 16
PREP TIME: 20 MINUTES
COOKING TIME: 2 MINUTES

INGREDIENTS:

Bottom Layer:

- 1/2 cup unsalted butter
- 1/4 cup granulated sugar
- 5 tablespoon cocoa powder
- 2 teaspoon vanilla extract
- 1 egg beaten
- 1-1/2 cup graham wafer crumbs
- 1/2 cup finely chopped hazelnuts (or try pecans, walnuts or almonds)
- 1 cup finely shredded coconut

Middle Layer Ingredients:

- 1/4 cup unsalted butter
- 2 tablespoon milk
- 1 tablespoon 35% cream
- 2 tablespoon vanilla custard powder
- 2 cup icing sugar

Top Layer Ingredients:

- 4 ounce bittersweet chocolate
- 2 tablespoon unsalted butter

METHOD:

1. Melt first four ingredients in double boiler.
2. Add egg and stir to cook and thicken. Remove from heat.
3. Stir in crumbs, nuts and coconut. Press firmly into a greased 8" x 8" pan. Chill while you prepare the middle layer.

Middle Layer:

1. Using an electric mixer, cream all ingredients together, beating well until light in colour.
2. Spread evenly over chilled bottom layer. Place back into fridge to chill while top is being prepared.

Top Layer:

1. Melt chocolate and butter in a bowl over a double boiler.
2. Cool slightly — the chocolate should still be pourable.
3. Spread gently over second layer so as not to mix the two layers together.
4. Refrigerate until set.

20 minute SUPPER CLUB

Weekly winners

- Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a $50 President's Choice gift certificate to stock your cupboards with delicious PC products. For product information and store locations, visit PC.ca.
- A weekly winner will be drawn from now until the end of October.

The Taste of the Danforth
A Decima Research poll indicated that 90 per cent of respondents identified The Taste as their favourite GTA festival event. METRO NEWS SERVICES

Your favourite festival lands this weekend

THE DANFORTH Toronto's favourite street festival has a whole new way to celebrate the fun and flavours of Greece and summer in the city. Every year in August, the city of Toronto flocks to "Greek Town" on the Danforth. Celebrating its 16th year, the Pilaros Taste of the Danforth is Canada's largest street festival, welcoming well over a million visitors.

The Greater Toronto Area lays claim to more than 200,000 residents of Greek ancestry, the third largest Hellenic community outside of Greece, and between Aug. 7 and 9, everyone who comes to the Danforth gets to be Greek for the day.

This year's Pilaros Taste of the Danforth has loads of fun family-friendly activities to engage and entertain Torontonians. The programs, exhibitors and performers are still being finalized but the following is a "taste" of what is to come:

- The Celebrity Stage
- The Sports Zone
- Taste of the World (this year's feature country: Japan)
- Wine & Spirits Garden
- Beer Gardens
- Contests, prizes and free samples from a host of exhibitors

For updated festival programming and schedule information visit tasteof thedanforth.com

METRO NEWS SERVICES

I can't believe that came out of a can

Seafood meals can get pricey. But canned salmon is a convenient, economical and nutritious alternative to fresh.

These salmon-potato cakes are inexpensive to make and are reminiscent of salmon croquettes, but quicker and simpler to make.

The flaked fish is combined with onion and thawed, frozen hash brown potatoes (which can cost less per pound than fresh) and bound together with beaten egg, Dijon mustard and dry breadcrumbs.

The recipe is easily doubled; just cook the cakes in batches and keep them warm in a 100 C (200 F) oven. If you prefer, you can substitute canned tuna for the salmon.

LARRY CROWE/THE ASSOCIATED PRESS

If fitting seafood in your food budget seems impossible, consider reaching for a can. The canned salmon in these Salmon-potato Cakes is not only economical but very convenient and keeps the health benefits of its fresh version.

Salmon-Potato Cakes

SERVES 4

INGREDIENTS:

- 500 ml (2 cups) frozen hash brown potatoes, thawed
- 125 ml (1/2 cup) finely chopped yellow onion
- 1 can (170 g/6 oz) salmon, squeezed dry and flaked with a fork
- 2 large eggs, lightly beaten
- 30 ml (2 tbsp) chopped fresh dill or 10 ml (2 tsp) dried dill
- 10 ml (2 tsp) Dijon mustard
- 2 ml (1/2 tsp) ground black pepper
- 1 ml (1/4 tsp) salt
- 50 ml (1/4 cup) unflavoured dry breadcrumbs
- 30 ml (2 tbsp) extra-virgin olive oil
- 50 ml (1/4 cup) sour cream

METHOD:

In a large bowl, combine thawed hash browns with onion. Mash with a fork until mixture holds together. Add salmon, eggs, dill, mustard, pepper and salt, then mix well. Form mixture into patties, then roll them in breadcrumbs to coat.

In a large skillet over medium-high, heat oil. If necessary, use half the oil and cook patties in batches. Place patties in pan and cook until well browned and heated through, 2 to 3 minutes per side. Serve topped with sour cream.

THE ASSOCIATED PRESS

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Fish isn't the only source

Though close to two-thirds (64 per cent) of Canadian Baby Boomers look for food options that are rich in omega-3 compared to five years ago, a vast number are unable to identify foods beyond fish specifically known for their omega-3 benefits — like walnuts, soy and flax. METRO NEWS SERVICES

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

The when-in-doubt wine

A few weeks ago I mentioned that riesling-based wines were one of a number of '70s drinkables making a serious 21st century comeback and it's great to hear that so many of you agree.

I received at least a gigabytes worth of email suggesting the grape makes a happy union with everything from Chinese, Japanese and Mexican dishes to shellfish, poultry and most cheeses.

This ability to accommodate has made riesling the classic when-in-doubt wine. Of course it tastes great on its own, but it really shines when served with food. Also, the fact that it's grown so successfully around the world gives it an international personality (i.e. they don't all taste the same) that makes it even more appealing to the serious wine enthusiast.

Riesling's first home was Germany and soft, fruity wines like **Lingenfelder's 2005 Bird Label Riesling ($14.95 - $18.99)** are the modern face of the grape in that country. Tasting like biting into a juicy green apple; it's truly medium dry with a nice nip of acidity.

Australia's **Wolf Blass 2007 Yellow Label Riesling ($13.99 - $17.99)** has a bit more of that old school petrol aroma and a refreshingly dry flavour of apple and mineral.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Book on top talent turns blind eye to Canadians

Nation's chefs, culinary world feel snubbed

Canada's foodies and top chefs have decided they need to clank their pans and rattle their pots a little louder when it comes to promoting homegrown culinary talent in the future.

The country's top kitchen gurus have had their aprons in a twist since learning last week that an upcoming book profiling the world's 100 most-promising culinary talents fails to include a single Canuck.

Described as part cookbook, part restaurant guide, and part who's who of the international food scene, Coco was compiled by 10 big-name culinary masters including Spanish chef Ferran Adria and Brit kitchen authority Gordon Ramsay.

A campaign by 24 of Canada's culinary A-listers, including Susur Lee and Rob Feenie, demanded publisher Phaidon Press look north and slot a Canuck into the book's 100th space.

> **"If you don't promote yourself, you're not going to get that attention. We have to have a bigger voice."**
> Chef Martin Kouprie

But even after letters of protest and a few angry calls, it seems the fracas still boiled down to a case of Canadians being too quiet and humble.

"If you don't promote yourself, you're not going to get that attention," said Toronto-based chef Martin Kouprie, adding that disappointed Canadians have learned a lot from the Coco affair. "We have to have a bigger voice."

According to Kouprie, the publishing industry and tourism leaders could do a lot more to give Canadian cuisine a higher profile in international circles.

"There's a lot of blood, sweat and tears that goes into this business ... we just have to get the word out," he said.

Coco's U.K.-based publisher has clung to a statement released last week and declined to comment any further on the Canadian uproar.

"We understand the disappointment of not being included. However, the decision of who is chosen in the book is not Phaidon's, rather the 10 noted chefs who curated the emerging talents in the book," said spokeswoman Sarah Goodin, reading from the prepared release.

Shaun Smith, the Toronto writer who led much of the protest, said the response from Phaidon was disappointing. "From our perspective they barely even acknowledged our campaign, which was somewhat insulting," he said. THE CANAIDAN PRESS

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The Pie Shack dishes up seasonal pies (check the website) as well as more recently adding some sandwich'n'salad fare to beckon meal-time crowds. Open til midnight three nights a week, feel free to make late nite runs on those nights when you simply can't sleep without a slice of Apple Cinnamon.

On the web

Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/globalpeasant for her recipe for raw nut milk.

Fresh garlic = heart health

Cutting and crushing garlic causes a chemical reaction that releases hydrogen sulphide — a stinky gas that occurs naturally in hot springs and volcanoes and smells like rotten eggs — that also relaxes the blood vessels in the heart. TORSTAR NEWS SERVICES

‘This is my universe’: Farmer John

You may recognize him as the Manic Organic

It isn’t easy being green. Antony John just makes it look that way.

“Life is about the tipping point between order and chaos,” says the 49-year-old organic farmer. “We try to teach people that the farm is an ecosystem.”

In Sebringville, Ont., the one-stoplight “hamlet with heart,” you’ll find the is home of to one of the largest diverse organic farms in Canada. John calls it Soiled Reputation. He and his staff of 20 grow 50 types of organic heirloom vegetables and greens. They are sold to restaurants, stores and drive-in customers.

As we head for the fields, John hoists a birdwatching scope on a tripod over his shoulder. He stops to pluck and taste fava beans. He praises the ladybugs that control the aphid population and squashes potato beetle larvae. He nibbles on “good weeds” such as purslane and lamb’s quarters. He zooms in on horned larks, red-winged blackbirds and sandpipers, and introduces his “portable lawn mower,” a donkey braying with excitement at the sight of him.

In the back field, John has planted 15,000 leeks. “These are my pride and joy,” he says, appropriately for a native Welshman. In Canada since 1970, John has a degree in wildlife biology but opted to live on the land after falling in love with a local dairy farmer’s daughter.

You may recognize John as the Food Network’s Manic Organic, but he appears more laid-back than manic. Don’t be fooled. He is constantly walking the fields of his 80-acre “farm and sanctuary.” He even knows which sandpiper had four babies. Today, he helped pick 40 pounds each of fava beans and patty pan squashes, did his deliveries, wrote a couple of letters and took steps toward reviving the painting career he had put on hold. And it’s only two in the afternoon.

John also promotes the local terroir and the public image of vegetables. “Vegetables seem to be the poor relatives on the dinner plate at restaurants,” he complains.

He has a keen sense of history. An 1844 ha’penny, a 6,000-year-old arrowhead and even the tibia of a woolly mammoth have been discovered in the area. He found an 1847 photograph of the original settler on his land — and his 15 children. The land, John says, has sustained a lot of people and animals.

“This is my universe,” he says.

TORSTAR NEWS SERVICE

SUSAN SAMPSON/TORSTAR NEWS SERVICE

At his organic farm in Sebringville, organic farmer Antony John gets a fond nip from his donkey Jesus (that’s pronounced Hayzus) — his “portable lawn mower.”

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Travelling hand-to-mouth

Interested in "agritourism"? Try the Comox Valley on Vancouver Island: There are more than 445 farms and expanding as well as farmers markets. Almost everyone in the valley lives within five minutes of a farm. THE CANADIAN PRESS

Make sure you leave room for two desserts

Light and airy, lemon crepes are indeed versatile. They can be served for a breakfast on the patio in warm weather or as a dessert after an outdoor barbecue.

What makes these special is that they can be whipped up in a blender in no time. Garnish with fresh raspberries or blueberries for a real taste sensation.

As for the Chocolate Cake with Raspberries, there are various steps to this pretty melt-in-your-mouth dessert. It's easy to make and can be prepared up to one week ahead for a very special occasion such as a summer party.

THE CANADIAN PRESS HANDOUT PHOTOS

Lemon Crepes

MAKES 14-18 CREPES
SOURCE: OSTER BLENDER

INGREDIENTS:

- 375 ml (1 1/2 cups) milk
3 eggs
- 150 ml (2/3 cup) flour
- 30 ml (2 tbsp) melted butter
- 30 ml (2 tbsp) granulated sugar
- 5 ml (1 tsp) grated lemon zest
- Icing sugar, for serving (optional)

METHOD:

In a blender container, place all ingredients except icing sugar in the order given above. Cover and blend on low speed until thoroughly mixed.

For each crepe, pour 30 to 45 ml (2 to 3 tbsp) batter onto a preheated, lightly buttered 15- to 18-cm (6- to 7-inch) crepe pan or skillet. Cook for about 1 minute or until top is set. Loosen edge with heat-proof spatula and then gently turn crepe over. Cook until lightly golden.

Fold each crepe into quarters and sprinkle with icing sugar, if desired, to serve.

Chocolate Cake With Raspberries

SERVES 12
SOURCE: FOODLAND ONTARIO

INGREDIENTS:

- 300 ml (1 1/4 cups) fine chocolate wafer cookie crumbs
- 50 ml (1/4 cup) ground almonds
- 75 ml (1/3 cup) butter, melted
- 375 ml (1 1/2 cups) whipping cream
- 175 g (6 oz) white chocolate, chopped
- 30 ml (2 tbsp) kirsch
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) granulated sugar
- 50 ml (1/4 cup) water
- 4 egg whites
- 500 ml (2 cups) homegrown raspberries

METHOD:

Combine cookie crumbs, almonds and butter; pat evenly over bottom and 2.5 cm (1 inch) up side of greased 2.5 l (9-inch) springform pan. Bake in a 160 C (325 F) oven for 6 minutes. Set on a rack to cool. Wrap bottom of pan in foil and set aside.

Bring 125 ml (1/2 cup) of the cream to a boil; remove from heat. Put remaining 250 ml (1 cup) cream in refrigerator. Stir chocolate into hot cream until melted. Stir in kirsch and vanilla; let cool completely.

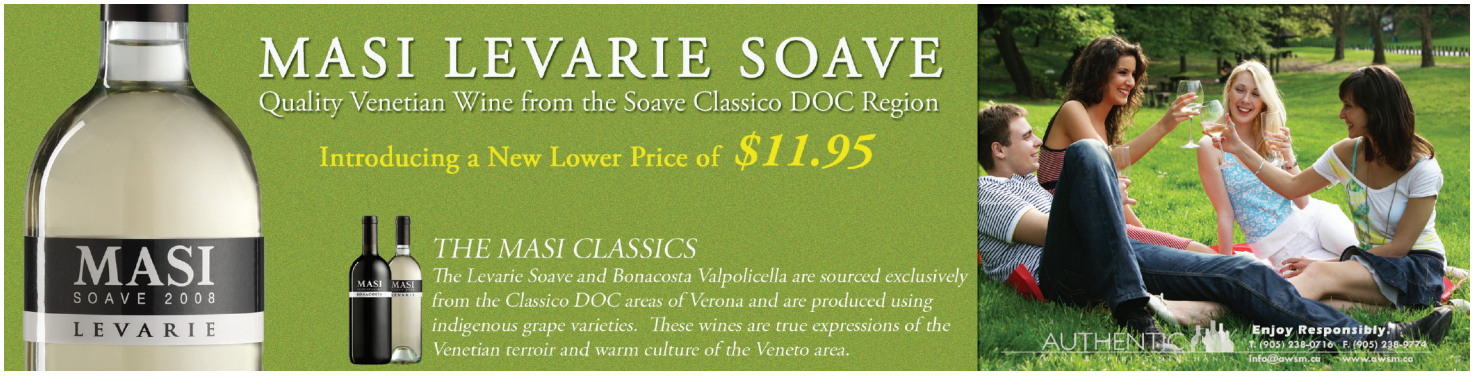
In a small saucepan, bring sugar and water to a boil, stirring just to dissolve sugar. Without stirring, boil for about 5 minutes or until candy thermometer reaches soft-ball stage of 115 C (238 F), or when 2 ml (1/2 tsp) of the syrup dropped into very cold water forms a soft ball that flattens when removed from water.

Meanwhile, in a large bowl, beat egg whites until soft peaks form; gradually beat in boiling syrup, beating until stiff peaks form and mixture is cool. In 2 batches, pour chocolate mixture down side of bowl and gently fold in.

Beat remaining whipping cream until soft peaks form; fold gently into chocolate mixture. Pour into prepared crust. Cover with foil and enclose in a plastic bag; freeze for at least 5 hours or until firm or up to 1 week. (Do not remove from freezer until just before serving.)

To serve, run knife around inside of pan; remove pan sides and place cake on plate. Cover entire top with fresh raspberries, placing them upside down and pressing slightly. Cut into wedges to serve.

THE CANADIAN PRESS



The makeover mall

After a two year process, Dufferin Mall's $11 million facelift is now complete. It includes a polished interior, upgrades to the food court and washrooms, new entrances and a growing selection of fashion retailers. Visit dufferinmall.ca. METRO NEWS SERVICES

Style

Sands of time

Desert boots are back! Clarks shoes have released a variety of new styles to celebrate the 60th anniversary of the modest shoes. While the louder designs are fun, we say stick to the classic colors and shapes for fall. To find a store near you, visit clarks.com

RICHARD PECKETT/METRO WORLD NEWS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Wartime fashion

Current trends lacking influences from Iraq, Afghan wars

The fashion legacy of the First World War includes trench coats and shorter skirts. The Second World War popularized sportswear, strong shoulders and nipped waists. Vietnam inspired protest-driven army green and fatigues.

Wartime has heralded strong periods of American style, yet the wars in Afghanistan and Iraq seem to be barely a blip on the radar of the fashion community. There's been an uptick in camouflage prints and, a few seasons back, a mini boom of the kind of epaulettes typical of military jackets — but those styles were around before the current conflicts, and they'll probably circle back again when they are resolved.

These wars, which began in 2001 and 2003, respectively, "have not been impactful," at least not in obvious ways, says Kathleen Campbell, a fashion historian affiliated with the Goldstein Museum of Design at the University of Minnesota. That minimal effect might be because they are not global wars dominating the conversation in the same sense as the World Wars, nor have there been huge public protests even if they're considered unpopular by some.

However, she adds, when history judges this period with a long-view perspective, an influence — possibly the use of scarves and/or layers like the ones used in those regions to protect against weather extremes — might emerge. "I think we're too close to analyze the effects now. It's much easier to see in retrospect."

There was no such time lag, though, during the Second World War, which changed the way Americans dressed forever.

Because of rationing of materials, domestic manufacturers began using nylon and rayon as alternatives to silk and wool, and the silhouettes became much leaner — requiring much less fabric.

Style cues were no longer coming from occupied Paris, so American designers stepped up to develop their own casual, separates-driven sensibility. The public was eager to show off its patriotism, making brass buttons and bomber jackets trendy items.

"You haven't seen the military details in fashion now the way you had previously seen them during wars or in the ironic ways they were worn by the counterculture during Vietnam," says Andrew Bolton, curator at Metropolitan Museum of Art's Costume Institute in New York. Apart from an increase in tan- and-brown "desert" coloured camouflage, recent fashion trends do not make such nods to the armed forces.

There is a noticeable push of local, homegrown talent at the moment, Bolton notes, although that's probably more driven by the economy than by war. "The recession has affected fashion, and the recession is allied to the war in some respects," he says.

THE ASSOCIATED PRESS

> **"The recession has affected fashion, and the recession is allied to the war in some respects."**
> Andrew Bolton, curator at Metropolitan Museum of Art's Costume Institute

MICHEL EULER/AP PHOTO

STUART RAMSON/AP PHOTO

Wartime often has been heralded as strong periods of American style, yet, the wars in Afghanistan and Iraq seem to be barely a blip on the radar of the fashion community. Far left: A model wearing fashion from the Tommy Hilfiger fall 2009 collection. Left: A model wears Jean-Paul Gaultier for Hermes' fall-winter 2004-2005 collection.

Left: Elayne sunglasses ($98), scarf ($62), c-buckle belt ($62), pleated clutch ($95), jacquard sheath dress ($175). Right: Wool plaid fedora ($62), royal oxford shirt ($100), stripe tie ($85), suit jacket ($410), suit pant ($185). All available at Banana Republic.

Mad about shopping

NEW COLLECTION If you're a Facebook or Twitter addict, chances are high that you've Mad Men-ified yourself in recent weeks (AKA created a cartoonish Mad Men character avatar in your exact likeness). But why stop there? Banana Republic is offering you the chance to Mad Men-ify your actual self!

Inspired by the classic mid-century lines and sleek silhouettes showcased on the brilliant drama Mad Men, Banana Republic's fall collection is what happens when 1960 collides with 2009. On offer are sweet blouses, high-waisted pencil skirts, crisp classic suits and trenches; modern classics that would not be out of place in the smoke-filled hallways of Sterling-Cooper.

Our favourite finds? For her, it's their black, form-sitting sheath dress with the mod neck detailing that hugs curves as tightly as a high-end sports car. For him, it's the richly-dyed assortment of silky ties and 100 per cent cotton iron-free shirts. The only thing that's missing is a highball glass.

SOFI PAPAMARKO/ FOR METRO CANADA

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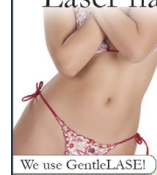

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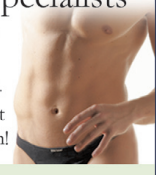

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Rosie, partner deny break up rumours

Contrary to tabloid reports, Rosie O'Donnell and longtime partner Kelli Carpenter-O'Donnell are not breaking up. "There is no truth to this — at all," says O'Donnell's rep. PEOPLE.COM

Entertainment

Hollywood hunk

Robert Pattinson was crowned Sexiest Man In The World by a British magazine. The Twilight heart-throb topped the list compiled by Glamour magazine to find the hottest Hollywood hunk.

FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Brooke Hogan

Brooke Hogan 'relieved' that parents split

PEOPLE Finding out that your parents have reached a settlement in their divorce isn't normally a "happy" moment for any 21-year-old. But when you're Brooke Hogan, and your parents have been going through a tabloid-worthy divorce, getting that kind of news is joyous.

"I was relieved to hear that the divorce was finally signed, sealed and delivered," she said. "They weren't good together. ... So it's like OK, everything's over, everything's done, you guys don't have to hate each other anymore."

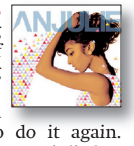
Now that her superstar wrestler-dad Hulk Hogan, and his wife, Linda, have split, Hogan is ready to move on. While Hogan still has her VH1 reality show, Brooke Knows Best, she's more interested in promoting her music these days. She recently released her sophomore CD, The Redemption.

THE ASSOCIATED PRESS

Anjulie crafts fresh sound

Anjulie

Album: Boom
Label: Hear/Universal
Rating: ●●●●



CANADA HAS HAD a long history of breaking big female artists and its about to do it again. Oakville, Ont.'s Anjulie has been making music for a while, mostly writing for other people including Kreesha Turner, but her debut should catapult her onto the world stage. Her and her songwriting partner, the Philosopher Kings' Jon Levine, have put together a diverse collection of incredibly infectious sounds. While it's centred around R&B grooves, generous amounts of jazz, soul and bossa nova find their way in as well. Picture a more eclectic Nelly Furtado.

Bryan Borzykowski/for Metro Canada

Modest Mouse

Album: No One's First and You're Next
Label: Epic/Sony Music
Rating: ●●½

da

MODEST MOUSE IS no longer an obscure indie rock act, but don't expect their latest disc to get much play. This new EP consists of b-sides and unreleased material that dates back to 2004, and while these tunes have all the elements that have made the band famous, there's a reason these tracks never made albums. They're mostly unfocused — the angry Satellite Skin sounds like a single, but it's about as middling as a rock song can get. The six minute Whale Song is the best thing here, but otherwise this is the definition of filler.

Lightning Dust

Album: Infinite Light
Label: Jagjaguwar
Rating: ●●●●

Bryan Borzykowski/for Metro Canada

IF VANCOUVER'S BLACK Mountain is renowned for crafting stoner rock, then this second outing from this side project from BM's Amber Webber and Joshua Wells might qualify as stoner pop. At least that's the effect produced from combining Webber's shaky, reverb-drenched warbles with grand and electric pianos, soft background organ, acoustic guitar, spacey strings and the occasional wild drum fill. Save for the '80s-infused I Knew and goth-inspired Never Need, try imagining the eccentric beauty of an early Stevie Nicks singing in a Ziggy Stardust-era Bowie fashion.

Ian Nathanson

MusicReviews

music@metronews.ca

Dead and Devine

Album: The Machines We Are
Label: Jagjaguwar
Rating: ●●●

/for Metro Canada

THE COMFORTABLE suburban streets of Burlington, Ont., continue to play ground zero for the Canadian emo-punk scene (Silverstein, Boys Night Out, Sydney). Dead and Divine try to carve out a path for themselves by mixing singalong melody with screamo metalcore and some pseudo-philosophical lyrics about our very essense (Is the stuff that flows through our veins chemical or biological?). This is a well-driven path, however, that is probably due for a detour. Dead and Divine is best at its darkest moments. Fortunately, there's plenty of darkness here especially in tracks like the wonderfully depraved Teeth and the crashing instrumental For Your Health.

Watermelon Slim

Album: Escape from the Chicken Coop
Label: NorthernBlues
Rating: ●●●

Graham Rockingham/for Metro Canada

YOU CAN'T GET more authentic truck-driving music than this. Watermelon Slim (a.k.a. Bill Homans) was hauling industrial waste in Oklahoma before deciding a few years ago to devote himself full time to the blues (he's also a Vietnam vet, a former newspaper reporter and a member of Mensa). Slim is a master of the slide guitar and harmonica and he plays the blues like he's lived them. Escape from the Chicken Coop is his first venture into Nashville and he pulls it off with the same grit that he plays the blues. Slim delivers ten original odes to his fellow long-haulers, plus four covers including a sublimely gospel version of Roy Acuff's Wreck on the High-

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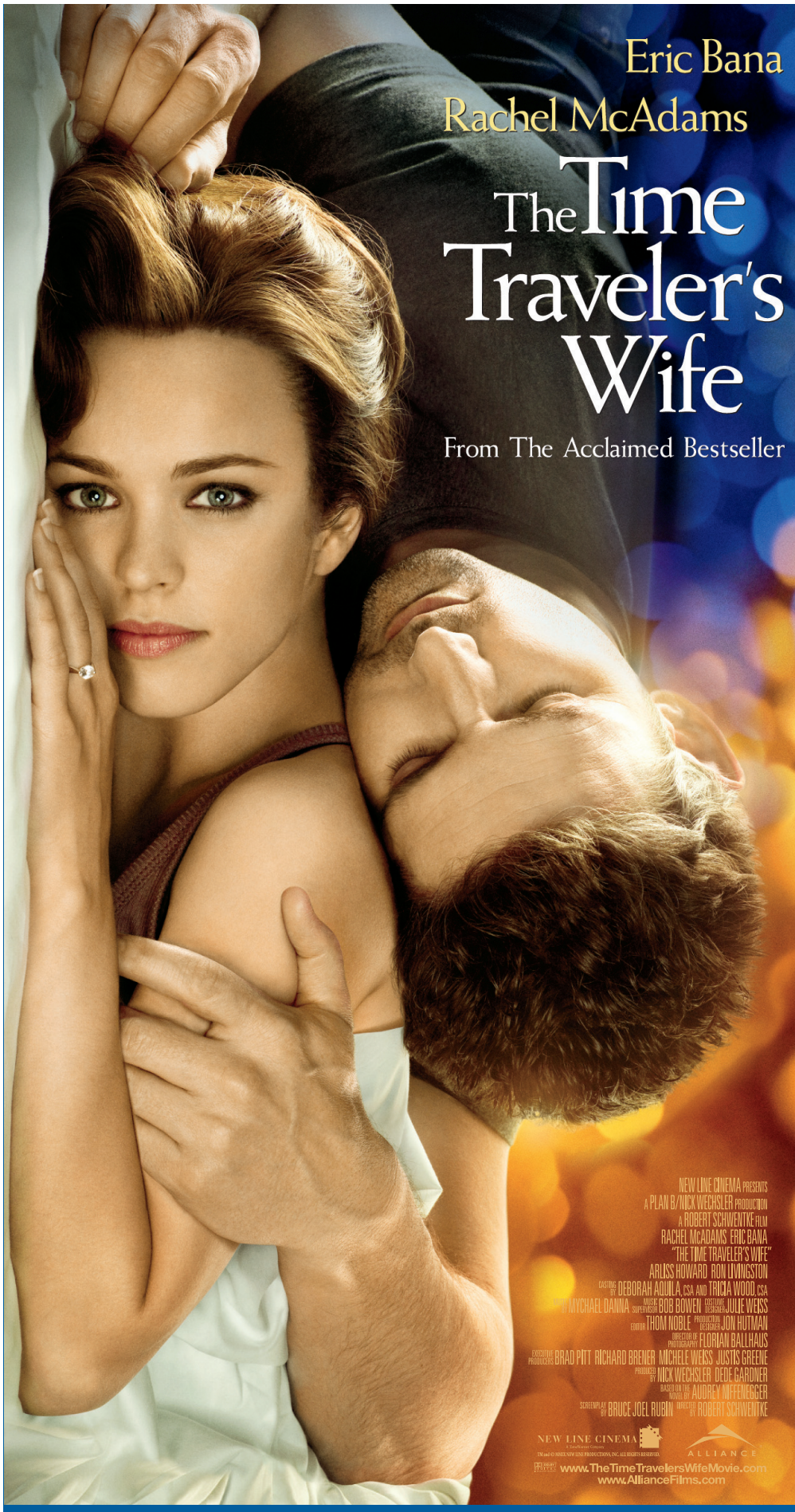

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Brown sentencing delayed

Singer will be back in court on Aug. 27 over Rihanna assault charge

A judge has delayed sentencing R&B singer Chris Brown on an assault charge to seek more input from Virginia authorities about whether Brown could do community labour in that state.

Superior Court Judge Patricia Schnegg said at a hearing yesterday she will sentence Brown on Aug. 27 in the beating of Rihanna, who did not attend the hearing.

With Brown in the courtroom, the judge met with a prosecutor and defence attorney briefly before Brown's scheduled sentencing.

When she emerged, Schnegg said Virginia had yet to say if it could accommodate her requirement that Brown serve community labour, rather than community service.

KEVORK DJANSEZIAN/GETTY IMAGES

From left, singer Chris Brown and attorney Mark Geragos appear in a Los Angeles courtroom yesterday. Brown's sentencing on an assault charge was postponed until Aug. 27.

The Virginia Department of Corrections said earlier that it typically doesn't consider whether to supervise a person on probation until after they are sentenced.

The 20-year-old Brown pleaded guilty in June to one count of felony assault stemming from the altercation with his then-girlfriend.

A plea deal calls for him to serve five years of probation and six months of community labour. The judge has said she wants Brown to do community work comparable to graffiti removal or roadside cleanup.

The Run It! singer pleaded guilty before a preliminary hearing in which Rihanna was likely to testify.

The former couple never faced each other at that hearing. As Brown left through one door, Rihanna entered the courtroom from a private entrance.

The Los Angeles County District Attorney's Office said Brown's recommended sentence was in line with what others received when charged with similar crimes and have no prior criminal history.

The office does not provide specific information on comparable cases, spokeswoman Jane Robison said. Brown said in a public apology video posted on his Web site July 20 that he had repeatedly apologized to Rihanna for the attack. He called his conduct "inexcusable" and pledged to do better.

"I saw firsthand what uncontrolled rage can do," he told viewers. "I have sought and am continuing to seek help to ensure that what occurred in February can never happen again."

Brown's career has suffered, with radio stations refusing to play his music and sponsors dropping him. THE ASSOCIATED PRESS

Aniston off to jail for film

Jennifer Aniston is going to prison for her next flick. The actress, 40, will star in Goree Girls, based on a true story about an all-female country band that played in a Texas prison in the 1940s, Variety reports. USMAGZINE.COM

Giamatti's surreal ride

Sideways actor plays himself in Cold Souls

PHIL BROWN
for Metro Canada

Paul Giamatti might not be a name that you instantly recognize, but chances are you're very familiar with his work.

He's a professional misanthrope, making a living out of playing depressed middle-aged curmudgeons in films like Sideways. He's also absolutely hilarious, but never in a broad, stand-up comedian way.

"I don't think of myself as a generally funny guy," claims Giamatti. "I have a good sense of humour and I think I know what's funny, but the only way I can really do it is to play it fairly straight. If I'm trying to be funny, I'm instantly not funny. That's why I was never any good at sitcoms."

It's probably best he didn't have that skill because instead of finding a spot on a short-lived sitcom, Giamatti has fashioned himself a reliable onscreen persona in films like Storytelling and American Splendor that has earned him a spot in the hearts of filmgoers.

In fact, Giamatti has created such a recognizable onscreen presence that he has been cast as himself in the new movie Cold Souls, which sees that sad-sack actor hiring a service that removes his soul from his body in an attempt to tone down some of his depressive tendencies.

It was a decision that initially caught the actor off guard when he got the script from first time filmmaker Sophie Barthes. "It was something that I was dubious about. I thought 'do I really have that strong of a persona? Am I that identifiable a person to audiences?'" wondered Giamatti. "But that was what she wanted me to do and I got it. I think there's something to it being me that gives the movie a slightly off kilter surreal quality, a dream-like quality."

Cold Souls opens in theatres tomorrow

Paul Giamatti stars in Cold Souls.

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Mischa's no-show

Producers said Mischa Barton didn't turn up at a panel to promote her new show, The CW's The Beautiful Life: TBL, because she was on set shooting. TVGUIDE.COM

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Perez assault case put over

Proceedings against Black Eyed Peas manager resume Aug. 26

The assault case involving the manager of the Black Eyed Peas and celebrity blogger Perez Hilton has been put over until later this month.

Liborio (Polo) Molina faces an assault charge for allegedly striking Hilton outside a Toronto nightclub on June 22.

Molina didn't appear in court yesterday as his lawyer, Mark J. Sandler, received disclosure from the Crown and the case was adjourned until Aug. 26.

Sandler said Molina wouldn't be present for that hearing either. Sandler also said he would "likely not" file a plea on that date. The lawyer said he will now review the Crown's case with Molina and declined to comment specifically on the assault charge.

"I can just tell you he's a delightful man and I'm delighted to be representing him, and beyond that, I'll review the disclosure and discuss the matter and then I suspect you'll hear in due course what we intend to do," Sandler said.

DARREN CALABRESE/THE CANADIAN PRESS

Blogger Perez Hilton arrives on the red carpet at the MuchMusic Video Awards in Toronto on June 21. Hilton alleges that later that night, he was struck by Black Eyed Peas manager Polo Molina.

Molina allegedly punched Hilton — whose real name is Mario Lavandeira — following a heated argument between the blogger and Black Eyed Peas leader will.i.am at a party after the MuchMusic Video Awards.

In the ensuing days, Hilton and will.i.am slagged each other in videos online and Hilton also filed a civil lawsuit against Molina.

The celebrity blogger sued for alleged battery and intentional infliction of emotional distress and is seeking more than $25,000 US.

The suit states Hilton is seeking to protect his rights to free speech and claims Molina attacked him because he made critical comments about the Black Eyed Peas' new album, The E.N.D.

The allegations have not been proven in court.

THE CANADIAN PRESS

TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/6/09	265	353	2	TVO	Pacific Coast Highway		Korea: The Unknown War		Little Dorrit		Masterworks "Alice Neel"		
primetime	211	331	3	GTV	ET Canada	Entertainment	Big Brother 11		The Office	The Office	House		News
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy!	India Reborn Culture and economic growth of India.				CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		30 Rock	Parks-Recreat	According-Jim	30 Rock	Law & Order: UK (N)		News
	212	313	8	CTV	Corner Gas	Hollywood	So You Think You Can Dance Winner is announced.				The Listener (N) (DVS)		News
	218	345	11	E!	The Insider (N)	E! News	How I Met	'Til Death	Patrick Dempsey: True Story		The Beast (N)		News/Eleven
	137	763	13	TFO	Panorama été	Météo	Tout simple	Villages	*Rien ne va plus* (1997, Suspense) Isabelle Huppert.				Météo
	-	-	14	-	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	Stargate SG-1		Supernatural (HDTV)		Supernatural (HDTV)		To Serve and Protect		Becker
	-	387	16	CBS	Inside Edition	Hollywood	Big Brother 11 (Live)		CSI: Crime Scene Invstgtn.		(10:01) The Mentalist		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	30 Rock	Parks-Recreat	The Office	30 Rock	Law & Order (HDTV)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy!	Grey's Anatomy		Grey's Anatomy		(10:02) Private Practice		News
	219	346	20	ACH-B	The Road to Avonlea		Greek "Barely Legal"		Grey's Anatomy		(10:02) Private Practice		News (N)
	-	-	28	FOX	Judge Judy	Two/Half Men	So You Think You Can Dance Winner is announced.				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	My Hero	Doc Martin		Born to Be King: Charles at 60		MI-5 "Celebrity"		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Supernatural (HDTV)		Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy!	Dr. Phil Flirtatious women.		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Supernatural
news	502	390	26	NW	CBC News	Marketplace	The Hour		CBC News: The National		The Nature of Things		National
	500	500	33	CNN	Lou Dobbs Tonight		The CNN National Report Card: The Second 100 Days (N)				Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports		Marijuana Inc.: Pot Industry		Swoosh! Inside Nike		Mad Money
sports	405	417	22	net	MLB Baseball Boston Red Sox at New York Yankees. From Yankee Stadium in the Bronx, N.Y.						Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	WEC WrekCage (N)		2009 World Series of Poker		2009 World Series of Poker		SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pimp My Ride	Pass Time	Pinks -- All Out (HDTV) (N)		Jacked! (N)	Jacked! (N)	Wrecked (N)	Wrecked	Pimp My Ride
family	551	542	25	YTV	Drake & Josh	Family Biz	Malcolm-Mid.	Futurama	In Real Life "The Circus"		Falcon Beach (DVS)		Mystery Hnt.
	554	544	45	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	*Monkeybone* ★ (2001, Comedy) Brendan Fraser.			
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Style by Jury	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	Love It-List It	House
	570	580	29	MM	One Tree Hill		Degrassi: TNG	Instant Star	Paris Hilton's My New BFF		Video on Trial	Video on Trial	Video on Trial
	615	520	31	A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Crime 360 (HDTV) (N)		Crime 360
	700	800	35	TLN	Centrovetrine	Sky TG 24	*I Tre Ladri*				Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Celebrity Rehab With Dr. Drew		Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Kellie Pickler	Bon Jovi: One	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Tuckerville
	616	521	39	SHO	The Outer Limits		Love-Death	Love-Death	*Loch Ness Terror* (2008, Suspense) Brian Krause.				House
	620	523	40	BVO	Storytellers	Camera	Opera Stories "Fausta"		*Crossing* ★★ (2005, Suspense), Crystal Buble			Bravonews	Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	Last 10	Last 10	Last 10	10 Pounds	Bulging Brides	Bulging Brides	ET Canada
	522	506	43	HIS	NCIS "Cover Story"		Ancient Discoveries		Lost Inventions		NCIS "Cover Story"		Sea Hunters
	625	548	44	COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Comedy Now (DVS)		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Handyman Superstar		Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	Friends	Friends	Friends	Friends	*The Ringer* ★★ (2005, Comedy), Brian Cox		
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Class Act* ★★ (1992, Comedy) Christopher Reid.				Frankie	The Game	W. Williams
	627	528	50	SPC	The Listener (N) (DVS)		Star Trek: Voyager		*Alien Siege* ★★ (2005, Science Fiction) Brad Johnson.				Stargate SG-1
	581	566	52	MTV	MTV Cribs	After	MTV News	Cribs	True Life "I'm Bi-Sexual"		Nitro Circus	Fantasy Fact.	MTV Live
	618	524	54	TROP	Traders		Inside Hollywood		Are You Smarter		Family Guy	Seinfeld	Seinfeld
	603	561	56	FOOD	Chef at Home	Crash-Kitchen	Restaurant Makeover		Jamie's Kitchen		Ace of Cakes	Ace of Cakes	Boys Weekend
	261	394	60	V	Murder, She Wrote		Wait for God	'Allo, 'Allo!	*The Terry Fox Story* ★★ (1983, Docudrama) Eric Fryer.				Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	Hollywood	Paris Hilton's My New BFF		Tonight Show-Conan O'Brien		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101	TVA	Dépenses xtr	Marché	Dr. House (HDTV) (SC)		Mollie (HDTV) (SC)		TVA 22 heures	Sucré-salé	*Psychose* (SC)
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Most Haunted		The Closer (Part 2 of 2)		Passion	Homicide File	Psychic Inv.
	300	601	301	M1	(6:55) *The Chair* (2007, Suspense)			Nurse Jackie	*Soul Men* ★★ (2008, Comedy) Samuel L. Jackson.				Penn & Teller
	305	612	306	PIX	*Shattered*	(7:20) *Bandido* ★★ (1956, Adventure)			*The Devil's Own* ★★★ (1997, Suspense) Harrison Ford.				*We All Fall*

critics'corner

Monkeybone
How can a movie with such cool special effects be so totally awful? Don't ask, and don't watch, if you value your brain cells. A great cast that includes Brendan Fraser, Rose McGowan, Megan Mullally and Whoopi Goldberg — as Death! — is wasted on this uneven tale of a cartoonist trapped in a weird alternate universe after an accident puts him in a coma. Among the denizens of said universe is a comic-strip character of his own creation, Monkeybone, who may be the most unlikable nonhuman movie character since Jar Jar Binks. 9:30 PM on TEL

30 Rock
A dazzled Liz (Tina Fey) invites her idol, Rosemary Howard (guest star Carrie Fisher), to be a guest writer, but the radical sketch ideas Liz once admired are far too controversial for the show. Kenneth (Jack McBrayer) must compete in a "page-off" to keep his job after Jenna (Jane Krakowski) ruins his uniform jacket. Scott Adsit and Judah Friedlander also star in "Rosemary's Baby." 8 PM on NBC CITY

Jackson film, product deals to go before judge

LEGAL WRANGLING Coming soon to a theatre near you (if a judge agrees) — a full-length motion picture filled with footage of Michael Jackson's last rehearsals.

The movie would come with all the elements of a major studio release: product tie-ins, merchandising and even a director's cut and special editions.

But that's only if a Los Angeles probate judge approves the deal by Monday. The judge has scheduled a hearing for that day to see if Jackson's mother, Katherine, has any objections.

Separate plans for merchandising deals are also scheduled to be heard by a judge on Monday. If the judge signs off on that deal, Michael Jackson products could start appearing on store shelves, cellphones, even in X-Box add-ons.

The current administrators of the singer's estate have presented several proposed contracts which offer a taste of how the King of Pop may be sold in the coming months and years.

Trading cards, T-shirts, denim products, calendars, lighters, games and stuffed animals that play Jackson's music are among the tangible items being considered.

THE ASSOCIATED PRESS

Kim shakes things up

Kim Kardashian isn't just sitting around after her breakup with Reggie Bush, people.com reports. According to her sister, Kourtney, the reality star is making a life change. "We actually went looking for houses yesterday," she told Ryan Seacrest Wednesday. METRO NEWS SERVICES

Celebrity Buzz

Some father, Ryan's son says

FAMILY FEUD More tales of Ryan O'Neal's questionable parenting are surfacing. His oldest son, Griffin O'Neal, remembers when his father first introduced him to illicit drugs.

"I was 11 years old when he gave me cocaine and said we are going to see a long movie called Barry Lyndon," Griffin recently told Larry King. "He said, 'It is a very long movie. Maybe this will help you.' I was 11."

Griffin also doubts Ryan's displays of grief over the recent death of Farrah Fawcett. "All those crocodile tears. My dad's only goal was to make sure he would be in the will," he said. "It was so disgustingly transparent as soon as he found out she was terminal. I consider him a vulture preying over a carcass."

METRO WORLD NEWS

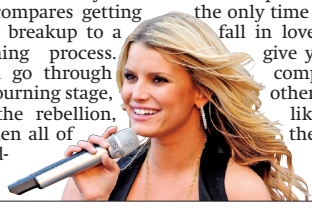
Jessica takes breakup badly

OVERREACTING? Jessica Simpson takes breakups very seriously. The singer, who recently split from football star Tony Romo, even compares getting over a breakup to a mourning process.

"You go through the mourning stage, then the rebellion, and then all of a sudden you have to find life by yourself," Simpson said, according to Hollyscoop.

"Once you do that, you feel complete — and that's the only time you can truly fall in love again, and give yourself over completely to another person. It's like a death in the family."

METRO WORLD NEWS



Fame a rough ride: Leighton

A DOWNSIDE TO EVERYTHING Leighton Meester understands that being on a buzzed-about show automatically puts her in the spotlight — but she doesn't have to like it, femalefirst.co.uk reports.

"I don't want most of what comes along with all of this," the Gossip Girl star told Harper's Bazaar.

One recent downside came when an ex-boyfriend began shopping around an alleged sex tape. "(The tape) is not real, so it makes me sort of sad," she said. "It's unfortunate that it got carried as far as it did."

Meester says the rumour has taught her some lessons about life. "I definitely understand the nature of people better now and that the mere allegation of something like that could be headline news. People think it's real because somebody says it is."

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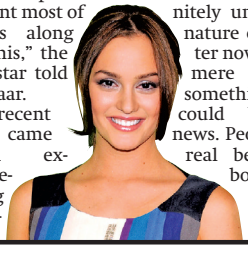

Selena reflects on dating Taylor

TEENAGED LOVE Selena Gomez confirms she is no longer dating Twilight star Taylor Lautner, usmagazine.com reports.

"He's a great guy. But I am 100 per cent single, and I'm going to keep it that way for a while," she told Seventeen.

She says they met earlier this year in Vancouver while he was shooting New Moon and she was filming Ramona and Beezus.

"Kristen (Stewart) was staying in my hotel. He would visit her, so we were constantly running into each other in the lobby — and we ended up meeting," Gomez recalled. "We would go out to lunch and dinner, but I knew he had paparazzi following him and I had paparazzi following me. So we literally just wanted to hang out, go bowling and stuff, and it went a little too far, I think. People were getting a little crazy about us.

"But it was fun — I went to Vancouver thinking I was going to focus on my work, but instead I got to meet him, and it ended up being the best thing ever." she said.

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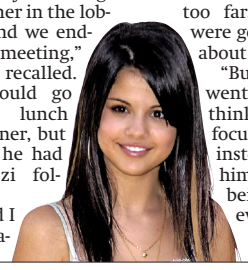


Baby on the way for Penelope

PREGNANCY Penelope Cruz is having Javier Bardem's baby, a source confirms to Just Jared. "Penelope is about four months pregnant," the source said.

"She's really healthy now and will be a great mother."

METRO WORLD NEWS

GETTY IMAGES

Paula ditches Idol ship

CAREER CHANGE It looks like American Idol will return in January without one of its founding judges. Paula Abdul announced on Twitter that she won't be returning to the hit series.

"With sadness in my heart, I've decided not to return to Idol. I'll miss nurturing all the new talent, but most of all being a part of a show that I helped from day one become an international phenomenon."

Idol's studio, Fox, released a statement saying they are "saddened that she has decided not to return to the show."

METRO WORLD NEWS

I could've been Brit: Ashley

REFLECTIONS Growing up in the spotlight, Ashley Olsen is glad she's ended up on an even keel. "I look at Britney Spears, and I'm surprised I didn't end up like her," Olsen told Marie Claire in its new issue.

A television star even before she and her twin sister, Mary Kate, could talk, Olsen remembers her childhood schedule being beyond busy. "It was almost like I was in the Army: School, work, homework, fly to New York, get in at two in the morning, do a morning show at 5 a.m., then another one at 7, then a radio interview at 10."

METRO WORLD NEWS

Kelly reaches custody deal

UGLY BATTLE Kelly Rutherford and her ex-husband Daniel Giersch have settled their custody battle, femalefirst.co.uk reports.

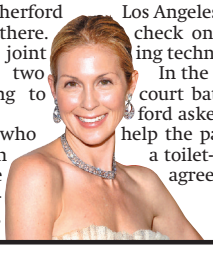
In paperwork filed in Los Angeles, the two have agreed to relocate to New York while Rutherford shoots Gossip Girl there. They will share joint custody of their two children, according to TMZ.com.

Rutherford, who filed for divorce in December, gave birth to the couple's second child, Helena Grace, in June.

At the height of the pair's custody battle, Rutherford accused her ex of being "angry" all the time and admitted she had hired a private detective to install cameras in her ex's Los Angeles home — to check on his parenting techniques.

In the midst of the court battle, Rutherford asked a judge to help the parents settle a toilet-training disagreement.

METRO NEWS SERVICES



Dustin sues over sex pictures

DAMAGE CONTROL Screenwriter Dustin Lance Black is suing a website that published X-rated photos of him and an ex-lover, according to Page Six.

Black is seeking $3 million US in damages from starzlife.com over invasion of privacy, copyright infringement and violation of the right of publicity. Black says he thought his ex-boyfriend had deleted the photos long ago.

METRO WORLD NEWS

Don't judge me, Sienna pleads

SELF DEFENCE Sienna Miller is getting tired of having to explain her love life to people. "I do think sometimes people get morally superior without understanding situations," Miller told GQ in response to her relationship with actor Balthazar Getty.

"If I could go back and be more responsible, I would," she said. "Well, I probably would be less naive about ignoring the fact that people care."

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Friday: Mainly sunny 23° / 14°
Saturday: Showers 40% 24° / 18°

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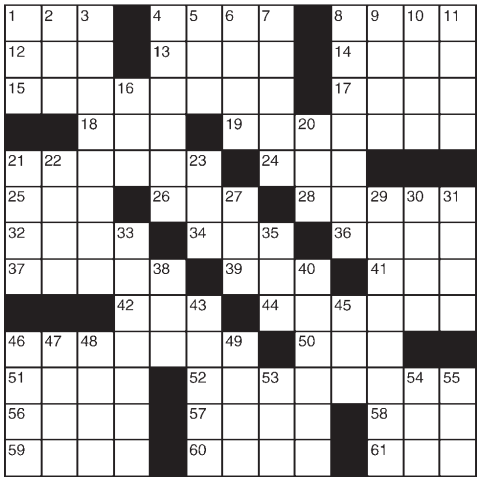
Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



ACROSS

1 Elmer, to Bugs
4 Prison
8 Tiers
12 Gabor or Peron
13 Relaxation
14 Send forth
15 "The island of romance," in song
17 Baseball team
18 Do sums
19 "Rockabye Baby" site
21 Russian wolfhound
24 Tend the lawn
25 Mound stat
26 "— Miniver"
28 Cheesy chip
32 Dracula's usual target
34 Conger, e.g.
36 Reclined
37 Clan emblem
39 — -tac-toe
41 Sleuth
42 Addressee
44 Procession
46 Constricting snakes
50 Moment
51 Timber wolf
52 Merchandisers' mailings
56 By word of mouth
57 First victim
58 Bumped into
59 Existed
60 Samples of wordplay
61 Lad

DOWN

1 Year-end abbr.
2 Eventual aves
3 Waterfall
4 Hardly ever
5 — chi
6 "It — Fair"
7 Get more ammo
8 Cancellation's opposite
9 Leave out
10 Drunkard
11 Put one's foot down?
16 Wood-shaping tool
20 A billion years
21 Crooked
22 Sandwich treat
23 Anger
27 Prepared
29 Underground cemetery
30 Wasted no time
31 Erstwhile
33 Peeper's place?
35 Pitcher part
38 Dr. Seuss' "Mr. Brown Can —! Can You?"
40 Cellist Pablo
43 Open a bottle
45 Cath. or Prot.
46 Clear of snow
47 Bygone times
48 Ski lift
49 Moviedom's "Elephant Boy"
53 Sawbuck
54 Earth (Pref.)
55 Pigs' digs

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6	7			8		
5	4			2	6			
9			8				4	
8				6				3
		4				1		
2				9				5
	5				7			4
			1	3			5	2
		1			9	3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	S	K		F	A	R	M	
R	U	N		O	G	E	E	
I	C	E		D	O	G	E	A
A	H	E	A	D			T	I
				B	E	E	S	
U	N	D	E	R	D	O	G	
F	I	E		S	U	P	R	A
O	G	L	E		C	H	I	L
S	H	E	L	F		S	P	I
				A	D	O		
D	O	G	P	A	D	D	L	E
I	R	I	S		D	O	I	N
G	E	N	E		S	E	P	T

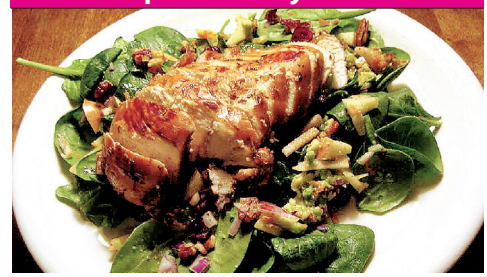
M	A	M		D	A	M	E	
				O	D	O	R	
O	G	E	A	T	D	O	G	
		T	I	C				
E	S		L	O	B	B	Y	
R	D	O	G		M	I	R	E
S	U	P	R	A		R	I	G
C	H	I	L	I	D	O	G	
	S	P	I	N				
		M	A	G	I	C		
D	D	L	E		O	D	E	
O	I	N		O	L	D		
S	E	P	T		D	Y	E	

3	8	1	9	6	4	5	2	7
6	9	5	3	2	7	8	4	1
2	7	4	1	5	8	3	6	9
4	5	2	6	3	1	9	7	8
8	3	6	4	7	9	2	1	5
7	1	9	2	8	5	4	3	6
1	6	8	5	4	2	7	9	3
9	4	7	8	1	3	6	5	2
5	2	3	7	9	6	1	8	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



CHRISTY PENGILLY

Apples, Avocado and Balsamic Chicken Salad

Submitted by Melanie Glenwright, Winnipeg

INGREDIENTS:
4 boneless, skinless chicken breasts
3 tsp olive oil
1/3 cup balsamic vinegar
1/2 cup chicken stock
2 tbsp sugar
1 clove garlic, crushed
1 tsp dried Italian seasoning

BALSAMIC VINAIGRETTE:
1/4 cup balsamic vinegar
2 tsp dark brown sugar, optional
1 tbsp chopped garlic
1/2 tsp salt
1/2 tsp freshly ground black pepper
3/4 cup olive oil

SALAD:
4 cups baby spinach leaves
1 tbsp dried cranberries
1 tbsp chopped salted pecans
1/2 apple, cored and diced
1 tbsp diced red onion
2 tbsp grated carrot
1/2 avocado, peeled and diced

METHOD:
Set chicken in a shallow bowl. Add combined vinegar, chicken stock, sugar, garlic and seasoning. Marinate chicken 10 minutes on each side. Remove chicken and set marinade aside. Mix vinaigrette ingredients in small bowl and chill.

Place marinade in small saucepan and bring to a boil. Reduce heat to low and simmer. Assemble spinach, cranberries, pecans, apple, onion, carrot and avocado on plates and chill.

Briefly heat olive oil in a large skillet over medium-high heat. Add chicken, and cook each breast 4 minutes each side (or until browned). Add marinade to skillet and continue cooking 3-4 minutes, turning breasts until cooked through. Pour vinaigrette on salad then top with warm chicken. Serve.

SERVES 4
PREP TIME: 20 MINUTES
COOK TIME: 10 MINUTES

submitted by a Club Member!

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You must not limit yourself in any way, shape or form. Be active, be ambitious and be the one who always seems to make things happen.

TAURUS
APRIL 21-MAY 21
You may have to get tough with someone you love today but if you don't do it now they will make a huge mess of things later on.

GEMINI
MAY 22-JUNE 21
Cosmic activity makes it easy for you to win others over to your way of thinking. That does not mean that your way of thinking is right.

CANCER
JUNE 22-JULY 22
In the next few days you will get an offer that's hard to turn down. It will mean more work, but also more prestige and, in the long term, more money.

LEO
JULY 23-AUG 23
Look out for your own interests today and ignore those who say you're being selfish. Something special will happen over the next 24 hours.

VIRGO
AUG 24-SEPT 22
Today's lunar eclipse may tempt you to give up on something that's taking up time and energy, but if you stop now you will regret it later. Keep at it.

LIBRA
SEPT 23-OCT 23
This is a good time for friendships and social activities but watch you don't spread yourself too thinly. There is only so much of you to go around.

SCORPIO
OCT 24-NOV 22
You won't reach certain targets without assistance, so look for people who can give you a leg up. Someone will be glad to help you if you ask them.

SAGITTARIUS
NOV 23-DEC 21
Everything is going well for you now and life will be even more enjoyable over the next few days. You don't have to make much effort right now.

CAPRICORN
DEC 22-JAN 20
The sun in Leo puts the emphasis on your long-term wealth. Over the next few weeks you'll be more adventurous financially — but don't risk everything.

AQUARIUS
JAN 21-FEB 18
If you have fallen out with a partner, loved one or friend, or even someone you work with, make it a priority today to get back on good terms with them.

PISCES
FEB 19-MARCH 20
Someone you work with will be aggressive today but you must not be aggressive in return, or your relationship will be irrevocably damaged.

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BY TRICKY RICKY KANE

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1. Possess a traffic pylon (1)
2. Noontime meal gang (1)
3. Drill a hole into a room bottom (1)
4. Combining-of-companies advocate (2)
5. Negatively reviewed a rope of pearls (1)
6. Group spirit in a livestock pen (2)
7. Singer Houston's small buses (2)

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ANSWERS
1. LOW CONE 2. LUNCH BUNCH 3. HOLE FLOOR 4. MERGER URGER 5. PANNED STRAND 6. CORAL MORALE 7. WHITNEYS JITNEYS

8-6-09

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"The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp., and used under licence. ♦Last year's starting price is the lease/finance starting price as of December 2008 for a 2009 Elantra L/2009 Accent L 3 Dr/2009 Tucson L/2009 Santa Fe 2.7L GL. Prices for models shown: 2009 Elantra Limited of $20,295/2009 Accent GL Sport of $13,895/2009 Tucson Limited of $27,495/2009 Santa Fe Limited of $32,445. ¥Prices calculated after deducting price adjustments off the lease/finance starting prices. Price adjustments of $1,000/$3,500 available on a 2009 Elantra Touring L 5-speed/2010 Sonata GL 5-speed. Prices for models shown (after deducting price adjustments): 2009 Elantra Touring GL with Sport Package is $20,195/2010 Sonata Limited model shown is $30,499. ◆◊Delivery and Destination charges of $1,495 for 2009 Elantra/$1,495 for 2009 Elantra Touring/$1,495 for 2009 Accent/$1,765 for 2009 Tucson/$1,765 for 2009 Santa Fe/$1,555 for 2010 Sonata, registration, insurance, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ◊Purchase financing available O.A.C. from Hyundai Financial Services on 2009 Elantra/2009 Elantra Touring/2009 Accent/2009 Tucson/2009 Santa Fe/2010 Sonata for a limited time only. Available on approved credit. Offer may be withdrawn at any time without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ΩThe Hyundai Elantra received the lowest number of problems per 100 vehicles among compact cars in the proprietary J.D. Power and Associates 2009 U.S. Initial Quality Study℠ study based on responses from 80,930 U.S. new-vehicle owners, measuring 245 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2009. Your experiences may vary. Visit jdpower.com. †Fuel economy comparison based on combined fuel consumption rating for the 2010 Sonata GL auto (8.02L/100km) and 2009 EnerGuide combined fuel consumption ratings for the full size vehicle class. Fuel Consumption for 2010 Sonata GL automatic (HWY 6.2L/100km, 46 mpg; CITY 9.5L/100km, 30 mpg) is based on manufacturer testing. Actual fuel consumption may vary based on driving conditions and the addition of certain vehicle accessories. ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.